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# GOOD VALUES

EDWIN A. LOCKE



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# FOOD VALUES



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PRACTICAL TABLES FOR USE IN PRIVATE  
PRACTICE AND PUBLIC INSTITUTIONS

BY

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## PREFACE

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THE numerous tables of chemical analysis of foods and of food values appearing during recent years have made possible a more precise qualitative and quantitative regulation of the diet for the sick. Such tables, however, are not readily accessible, or are arranged in such form as to be applied to practical dietetics only with considerable difficulty. The majority necessitate the actual weighing of the foods and often tedious calculations in order to determine the exact nutritive values; procedures which greatly detract from their practical usefulness. Furthermore the figures given are usually for raw food values which frequently differ considerably from those of cooked foods.

In the present volume I have attempted to bring together from various sources as exact information as possible regarding the composition and nutritive value of all common foods in a form so simple that it can be readily applied to the every day regulation of diets. The work has been prepared especially for the students in the Harvard Medical School.

It is obvious that many factors combine to make the calculations of the nutritive worth of cooked foods exceedingly difficult and in many instances the results given must be regarded as only approximate.

## PREFACE

No original chemical analyses have been made by the author but all calculations are based on actual weighings. It is not a treatise on dietetics and no attempt has been made to give special diets for particular diseases or conditions. In the following pages, however, some of the principles of dietetics which apply especially to the use of the tables are briefly discussed. Our knowledge of the relative digestibility of different foods is so incomplete that no discussion of the subject is given.

It has been impossible to give credit in all cases to the authors consulted. Information has been drawn largely from the numerous reports of investigations made under the direction of the United States Department of Agriculture, especially those of Atwater, Bryant, Langworthy, Grindley, Wood and Milner.

Grateful acknowledgment is made of the valuable advice and assistance given by Drs. H. F. Hewes and David L. Edsall in the preparation of these tables.

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# FOOD VALUES

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## INTRODUCTION

### CLASSIFICATION OF FOOD STUFFS

THE various food materials, although frequently classified as organic or inorganic, are more reasonably divided into (1) *nutritive* and (2) *non-nutritive constituents*. The former are chiefly organic, the latter largely inorganic substances.

Atwater and others group the nutritive constituents into four general classes, i. e.: (1) *protein*, (2) *fats*, (3) *carbohydrates*, and (4) *mineral matter* or *ash*. The non-nutrient constituents include *water*, *refuse* (bones of meat and fish, shells of shell-fish, stones of fruit, skins of fruits and vegetables, etc.), and the *salts* of salted meats and fish.

In the following tables the term “edible portion” (Atwater) is used to include the nutritive portion and water, i. e., flesh of meat and fish, white and yolk of egg, pulp of fruit, etc., while the term “as purchased” indicates the total edible portion plus the refuse.

*Protein*.—Protein as employed by Atwater is a comprehensive term comprising all nitrogenous substances whether of animal or vegetable origin except the nitrogenous fats. As distinguished from protein the proteids are definite chemical compounds such as the albumin of meat and the white of egg which form only a portion of

the general group of proteins. Hoppe-Seyler and Drechsel<sup>1</sup> classify the protein bodies as follows: (1) Simple Proteids (albumins, globulins, nucleoalbumins, albuminates, proteoses and peptones, coagulated proteids and histones), (2) Compound Proteids (hemoglobins, glucoproteids and nucleoproteids), (3) Albumoids or Albuminoids (keratins, elastin, collagen and reticulin).

*Carbohydrates.*—The carbohydrates embrace an unusually large number of compounds such as sugars, starch, gums and cellulose, and form the principal constituent of plants as do the proteids of meats. Though found chiefly in such foods as are derived from the vegetables, nuts, fruits and grains, they are also present in small amounts in milk, meat, and fish.

*Fats.*—This group is made to include the total ether extract of the dried substance, and comprises both plant and animal fat besides a variety of other substances, including neutral fat, fatty acids, lecithin, cholesterin, coloring matter, tannin, wax and ash residue. These last mentioned, however, are present in very minute traces and the heat of combustion of the total ether extract has been shown to be practically identical with that of pure fat. (Stohmann.<sup>2</sup>)

*Mineral Matter or Ash.*—A considerable number of inorganic elements (chlorine, sulphur, phosphorus, sodium, calcium, magnesium, iron, manganese, potassium and others) are contained in the food, to a small extent as organic compounds, but principally as salts (carbo-

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<sup>1</sup> Cited by Hammarsten, "A Text-Book of Physiological Chemistry," p. 36.

<sup>2</sup> Quoted by Schwenkenbecher, *Zeit. f. diet. u. physik. Therapie*, Bd. 4, 1900, s. 388.

nates, sulphates, phosphates, oxides, etc.). They are never oxidized in the system to furnish heat or energy, but are essential in tissue building.

*Water.*—The importance of water in the diet of man, though a non-nutrient, is attested by the fact that nearly two-thirds of the body weight is due to water.

## USES OF FOODS IN THE BODY

In general the function of food ingested is twofold, first, to build up or repair tissues, and second, through combustion to furnish energy either as heat or muscular work including the work of digestion. The degree to which the various food ingredients discussed above answers in these respects to the body needs is various. Protein foods, like lean meat and fish, egg albumen, casein of milk, wheat gluten, and the proteid portion of vegetables, are essentially the tissue builders but under some conditions, especially when the amount of fats and carbohydrates is insufficient, are utilized by the organism to provide energy. It is probable also that proteids may be changed to fat. The fats, both animal and vegetable, and the carbohydrates, very largely furnish the energy required. To a considerable extent the fats of the food may be stored up as body fat but only when the ingested food is more than adequate to meet the demands of the body for tissue building and energy. Likewise when taken in excess the carbohydrates may be transformed into fat and stored as adipose tissue. Neither can go to the building up of tissue yet they act as proteid spacers and indirectly serve this purpose.

It will thus be readily seen that the functions of the



three kinds of nutrients in the body are to a certain extent interchangeable, and the purpose which each serves will depend largely on the quantity of the other two. In other words the degree to which the three types of food stuffs participate in the production of energy will depend on their relative proportion in the diet as much as on any preference on the part of the organism.

This fact is of the greatest importance in the regulation of the diet in certain diseases. Thus if we aim to increase the body weight in a given case it is as important to provide adequate amounts of fats and carbohydrates in order to spare the proteids which would otherwise to some degree be used to answer the needs for heat and energy, as to increase the nitrogenous foods.

As stated above, mineral matter does not contribute to the energy needs of the body yet is absolutely essential in the food, first, because it forms bone and other tissues, and second, because of its influence on general metabolism. It is generally agreed that, with the exception of sodium chloride, the average mixed diet comprises more than a sufficient quantity of mineral matter to supply the body needs.

It has been shown experimentally beyond a doubt, that alcohol in small quantities, like the fats and carbohydrates, is entirely oxidized in the body and the energy thus produced is utilized by the body largely as heat but also to some degree as muscular work. Alcohol must in consequence be considered with the foods. It differs from other foods in not being stored in the body as fat for future use. To some extent, at least, it undoubtedly acts in a manner analogous to the carbohydrates and fats in sparing the protein. The maximum action of this sort



probably takes place in those habitually addicted to its use. There is considerable experimental evidence to indicate that alcohol likewise spares the carbohydrates and even the fats. Under no conditions can it serve to repair or build tissue. Unlike other foods, alcohol, when taken into the body in large amounts, not only acts as a food but as a drug also. This action often outweighs its effects as a nutrient. Any food may, when taken in excess, act deleteriously, but these effects in the case of alcohol are proportionately greater because of its action as a drug.<sup>1</sup>

## METHODS OF CALCULATING FOOD VALUES

All foods possess potential or latent energy which with combustion becomes kinetic or actual. This holds true whether it is burned in a calorimeter or oxidized in the body. When oxidized in the body this energy appears both as heat and muscular power. Atwater has shown by calorimeter experiments that when the body is in a state of complete rest all the energy is represented by heat and the work of metabolism, whereas with activity a considerable portion appears as muscular work. In either case the total "exactly equals the latent energy of the material burned in the body." This energy of foods is known as the heat or fuel value and is expressed in terms of a heat unit or calorie. A *calorie* is the amount of heat necessary to raise one kilogram of water from 0° to 1° C. or 1 pound 4° F. This is sometimes spoken of as

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<sup>1</sup> For a full discussion of the action and nutritive value of alcohol, see Atwater, "Physiological Aspects of the Liquor Problem," vol. ii., 1903.

the "large calorie," the "small calorie" being 1/1000 of a large calorie, or the amount of heat necessary to raise one gram of water from 0° to 1° C. Stohmann<sup>1</sup> gives the following heat values for protein, fat and carbohydrate, when completely burned in the calorimeter:

1 gram protein.....	5,711 small calories....	5.7 large calories.
1 " fat.....	9,335 " " ....	9.3 " "
1 " carbohydrate...	4,182 " " ....	4.1 " "

*Digestibility.*—If, completely oxidized and transformed in the body the same figures would hold for these ingredients; but as is well known not all the food is utilized in the body, the unused portion appearing in the excreta. In order therefore to obtain the exact heat value of a given food when ingested, it is necessary to know not only its calorimeter value, but also the energy value of that portion which has escaped oxidation and appears in the feces and urine, the difference obviously being the so-called "available fuel value." Consequently it becomes of the first importance to determine what proportion of the food taken into the body is digested and absorbed, in other words, is available for body needs. This is designated as the "*coefficient of digestibility.*" (Atwater.) It may be defined as the total energy value of a given food less that of the unoxidized excreta.

The digestibility of nutrients differs slightly when given in a mixed diet from that of the same when ingested separately. Atwater's figures of digestibility<sup>2</sup>

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<sup>1</sup> "Ueber den Wärmewerth der Bestandtheile der Nahrungsmittel." *Zeit. f. Biologie*, Bd. 31.

<sup>2</sup> The term digestibility is used by Atwater to indicate the completeness of digestion, and not the ease of digestion as ordinarily employed.

for the average mixed diet are: protein 92 per cent, fats 95 per cent, and carbohydrates 97 per cent, those of animal origin being considerably higher than those of vegetable. Of the total food in a mixed diet 91 per cent is estimated to be entirely digested and transformed into energy. The coefficient of digestibility of alcohol is 98.

*Availability.*—A further consideration of very great moment in the calculation of food values is the completeness with which the available protein, fat and carbohydrate are burned in the body. Since the fats, carbohydrates and alcohol are almost completely oxidized, their available energy is represented by constants which are very close to those for the same oxidized outside the body. Not only is there a considerable loss in the amount of proteid available for oxidation, as stated above, namely 8 per cent, but a considerable portion of the remainder escapes complete oxidation and appears in the form of the nitrogenous excreta in the urine (urea, etc.) Whereas the coefficient of digestibility of protein is 92, the coefficient of availability of energy is only 70. (Atwater.) The ultimate energy value developed by change and oxidation of foods in the organism is termed the “physiological heat of combustion.”

From his own investigation and those of many others, Rubner<sup>1</sup> calculates this physiological calorie value as follows:

1 gram protein . . . . .	4.1 calories.
1 “ fat . . . . .	9.3 “
1 “ carbohydrate . . . . .	4.1 “

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<sup>1</sup> “Calorimetrische Untersuchungen.” *Zeit. f. Biologie*, N.F., Bd. 3, 1885.

The physiological calorie value of alcohol is 7. More recently Atwater and Bryant <sup>1</sup> have revised these figures basing their conclusions on a large number of careful investigations. A summary of their results is given in the following table:<sup>2</sup>

	Heat of combustion per gram.	Coefficients of availability.		Fuel values.			
		Of material.	Of energy.	Referred to available material.		Referred to total material.	
				Per grm.	Per lb.	Per grm.	Per lb.
	Cal.	Per cent.	Per cent.	Cal.	Cal.	Cal.	Cal.
Protein.....	5.65	92	70	4.4	2,000	4.0	1,815
Fat.....	9.40	95	95	9.4	4,260	8.9	4,040
Carbohydrates .	4.10	97	97	4.1	1,860	4.0	1,818
Alcohol.....	7.07	98	98	7.1	3,210	6.9	3,130

It will be seen that Atwater's figures corresponding to those of Rubner given above are:

1 gram protein.....	4 calories.
1 " fat.....	8.9 "
1 " carbohydrate.....	4 "
1 " alcohol.....	6.9 "

While more accurate than Rubner's figures, the latter have attained such general acceptance that practically all tables of food values available are based on these values and for the sake of uniformity it has seemed best

<sup>1</sup> "The Availability and Fuel Value of Food Materials." Report of the Storrs (Connecticut) Agricultural Station, 1889.

<sup>2</sup> "Physiological Aspects of the Liquor Problem," vol. ii., p. 281.

to use the same in the preparation of the following tables.

## THE FOOD REQUIREMENTS OF THE BODY IN HEALTH

In spite of numerous careful researches no precise general rules can be laid down regarding the food requirements which shall apply to all persons. The needs of the organism for nutriment both with relation to its kind and quality must depend on many factors. First of all it is evident that these needs bear a direct relationship to the size of the body, large individuals requiring more food than smaller ones. The average man in health and with moderate work is found to require roughly 40 calories per kilogram of weight. The extent of body surface likewise determines to some degree the amount of fuel needed inasmuch as the radiation of heat is relatively greater in those with proportionately large skin surface. The thinner the individual, the greater the relative skin surface and hence the greater the demands for food. A partial explanation is found here for the fact that thin people frequently consume more food than the obese. Added reasons for this difference are found in the sedentary habits of life so often characteristic of the obese, and in the lessened metabolism. Fat tissue as well as bone is virtually dead tissue when compared with muscle since it participates but little in the general processes of waste and repair. Whereas the average man at work requires somewhere between 30 and 60 calories per kilogram of weight to maintain health and strength, the very fat have been observed to preserve



their weight and vigor on from 26 to 36 calories per kilo of weight.

Children have relatively more skin surface than adults, and the calls for food are correspondingly increased. Young cells furthermore oxidize a greater quantity of food. Still another important reason is that the young organism needs food for the growth of new tissue as well.

An exactly opposite condition exists in the aged. There is lessened body activity, a diminished vitality in the body cells, and commonly a smaller degree of heat radiation. In consequence the food consumption is decreased beyond the period of maximum vigor and in extreme old age surprisingly little is required to meet the demands of the organism. The young infant utilizes nearly 100 calories per kilogram, the aged scarcely more than one-quarter to one-third as much.

It is estimated that on the average women take barely four-fifths as much food as men, due largely to the smaller size, the greater percentage of body fat, and the less active life.

Climate and seasons exert some influence, though by reason of the methods of dress among civilized people, which protects the body from excessive loss of heat by radiation, far less than would at first be supposed. To some extent the demands of the system in cold climates increase the fuel needs of the body.

Marked individual differences in the amount of food digested and assimilated, apart from such differences as are due to size, age, mode of life, shape of body, and similar factors, are commonly observed. Not only is this individual variation seen with reference to the amount

of food required, but also in the proportions of the different ingredients. In both health and disease, one likewise frequently sees that a particular kind of food does not agree with a given individual. These individual peculiarities are important considerations in the regulation of the diet, especially in conditions of ill-health.

The one factor of probably more importance than all the above combined is muscular work. Langworthy<sup>1</sup> summarizes the results of statistical and experimental studies with regard to the food requirements of man under varying conditions of work as follows:

Man without muscular work.....	2,450 calories.
“ with light muscular work (sedentary).....	2,700 “
“ “ “ to moderate muscular work.....	3,050 “
“ “ moderate muscular work.....	3,400 “
“ “ very hard muscular work.....	5,500 “

In the case of Maine lumbermen working during the winter months the food consumed in a single day in some instances was found to be capable of yielding over 8,000 calories. It seems to be generally agreed that a man at moderately hard work requires somewhat more than 3,000 calories daily.

Atwater has shown by calorimeter experiments that in the case of the man performing work, as contrasted with the man at rest, only about 20 per cent of the additional food taken appears as the energy equivalent of work, that is, for every 20 calories developed and applied as work, 80 calories are lost in the body as heat and “internal work.”

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<sup>1</sup> United States Department of Agriculture, Office of Experiment Station, *Circular* No. 46, 1906.

While it is fairly generally conceded that the average man at work requires approximately 3,000 calories daily, there is a wide divergence of opinion as to the relative amounts of the protein, carbohydrates and fats best suited to furnish these needs. Unfortunately physiological experiments are frequently not in accord with the results of actual studies of the diet taken by individuals of different races and under varying conditions. While the question cannot at present be finally settled, the proportions of nutrients taken by the average person is probably the safest guard. These figures are, roughly, 150 grams fat, 100 grams protein, and 350 grams carbohydrates per diem.

The most important question is as to the quantity of protein best suited to the needs of the average individual. In spite of very numerous experiments by many eminent physiologists as well as careful studies regarding the amount consumed by various races and classes, it still remains an open question. The work of Chittenden and others proves that health may be maintained under the ordinary conditions of life for a long period on a daily ingestion of proteids even as low as 50 grams daily. It has not been shown, however, that such a low proteid content is an advantage or if continued indefinitely may not work injuriously. A large excess of protein taken with a diet rich in fats and carbohydrates, especially with hard muscular work, is, as a rule, well tolerated, observations having been made frequently where more than 200 grams of protein were taken daily and well tolerated. Without an ample supply of fats and carbohydrates, however, an excess of protein leads to severe digestive disturbances and must be regarded as



distinctly harmful. The form in which the protein is ingested is also important. At least one-half should be in the form of vegetable protein except in the case of persons doing very severe work when a larger proportion of animal protein may be allowed.

Granting that 100 grams of protein is a fair average for a diet yielding 3,000 calories, the proportion of the fats and carbohydrates best suited to the body needs is the next consideration. The ratio of these two ingredients in the diet of different individuals varies within very wide limits as shown by many dietary studies. Although energy derived from the carbohydrates seems to spare the proteids to a slightly greater degree than that from the fats, they may for all practical purposes be considered of equal importance as proteid spacers. The vital question appears to be not as to the ratio of the two, but rather that the necessary caloric value of the diet be maintained. When additional food is required because of hard muscular work there is good reason for the opinion that the supplementary calories should be supplied largely by carbohydrates and fats.

The influence of mental work on the fuel needs of the body has not been so accurately determined as in the case of muscular work. One important fact, however, has been established by the calorimeter experiments of Atwater,<sup>1</sup> namely that the body waste is not increased by brain activity. There seems to be no evidence for supposing that any particular kind of food is indicated in the case of brain workers, or that the calorific needs are greatly or even to any extent increased. Overeating

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<sup>1</sup> United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 44, 1897.

is detrimental to hard brain work for the reason that under such conditions excessive work is put on the digestive organs necessitating an abundant blood supply to the abdominal organs which undoubtedly interferes to a considerable extent with the supply needed by the brain. Intellectual workers are usually of sedentary habits and require much less food in general and a smaller percentage of fats and carbohydrates than those doing manual labor. In a word, the food required by this class is relatively small and should be of such a nature as to put as little burden as possible on the digestive organs.

### THE BODY'S RESERVE

It is one of nature's provisions that the body should to a considerable though varying degree act as a storehouse of fuel. On a sufficient diet the body stores up in the form of fat tissue a greater or smaller reserve which during a period of insufficient food or actual starvation can for a remarkably long period sustain life. At first only adipose tissue is oxidized, but later even the nitrogenous tissues may also be utilized. Death usually occurs after the reduction of from one-third to one-half the body weight. Underfeeding, especially an insufficiency of nitrogenous foods, inevitably leads to a lessening of body resistance, and finally to physical deterioration as evidenced by abundant examples too familiar to be enumerated.

Continued overfeeding, if extreme, brings in time a chain of evil consequences of nearly equal importance. The proper diet is probably one moderately in excess of that absolutely necessary to answer the demands of the body for tissue repair and energy as it is desirable to

have a reserve of fuel in the body. One of the first results of excessive food ingestion in many cases, though by no means all, is an abnormal increase in the body weight due to the accumulation of adipose tissue. The principal ill effects are those consequent on the relatively great amount of additional work thus put on the system in disposing of the extra fuel. If for only a short time, the effects are seldom more severe than moderate disturbances in the functions of the gastro-intestinal tract. In the case of habitual overalimentation, grave disorders of metabolism or even degenerative changes take place in the body tissues especially in the internal organs and arteries.

“For people in good health and with good digestion there are two important rules to be observed in the regulation of the diet. The first is to choose the things which ‘agree’ with them, and to avoid those which they cannot digest and assimilate without harm. The second is to use such kinds and amounts of food as will supply all the nutrients the body needs and at the same time avoid burdening it with superfluous material to be disposed of at the cost of health and strength.

“For guidance in this selection, nature provides us with instinct, taste and experience. Physiological chemistry adds to these the knowledge—still new and far from adequate—of the composition of food and the laws of nutrition. In our actual practice of eating we are apt to be influenced too much by taste—that is, by the dictates of the palate; we are prone to let natural instinct be overruled by acquired appetite, and we neglect the teachings of experience. We need to observe our diet and its effects more carefully and to regulate appetite by reason. In doing this we may be greatly aided by the

knowledge of what our food contains and how it serves its purpose in nutrition.” (Atwater.)

### COOKING OF FOODS

The nutritive value of foods is very definitely influenced by cooking. As a rule they are made more digestible for the reason that their structure is so altered as to render them much more easily chewed and more accessible to the digestive juices. Their composition is also often considerably changed, depending on the method of cooking. During this process certain flavors are developed which give them a more pleasing taste and so directly assist digestion through stimulation of the digestive functions. Bacteria and parasites are killed by most forms of cooking.

The above applies especially to the cooking of meats, although by some methods they suffer a very significant loss in nutrients. Meats lose weight in cooking largely in consequence of the loss of water, and to a variable extent of fat.

The following table compiled from Schwenkenbecher<sup>1</sup> illustrates in a general way these losses in weight:

100 grams raw, lean meat.	Boiled. Grams.	Baked.	
		Rare. Grams.	Well done. Grams.
Beef . . . . .	58	82	62
Veal . . . . .	72	78	61
Mutton . . . . .	65	85	70
Pork . . . . .	63	78	57
Fowl . . . . .	70	76	..

<sup>1</sup> “Die Nährwerthberechnung tischfertiger Speisen.” *Zeit. f. diät. u. physik. Therapie*, Bd. 4, H. 5, 1900.

The changes taking place in meats as the result of cooking have been made the subject of very careful experimental studies by Grindley and Mojonnier<sup>1</sup> and their conclusions are briefly as follows: When meats are boiled from 3.3 to 12.6 per cent of the protein, 0.6 to 37 per cent of the fat, and 20 to 67 per cent of the salts were found in the broth. When roasted, 0.3 to 4.6 per cent of protein, 4.5 to 57.5 per cent of the fat and 2.5 to 57.2 per cent of the mineral matter were found in the drippings of the meat. If the broth in the former and the drippings in the latter be used there is obviously only an insignificant diminution in food value. To a certain extent the losses vary directly with the length of time of cooking and inversely with the size of the piece of meat. Different cuts of the same kind of meat vary greatly in the amount and nature of the losses. Schwenkenbecher concludes from the study of the results of numerous investigations that 100 grams of the muscle portion of the common meats when boiled yields roughly from 160 to 180 calories, when roasted, rare, about 130 calories, well done, 150 to 230 calories. The edible portion of lean fish boiled furnishes approximately 80—100 calories per 100 grams. Pickling and smoking alters but very slightly either the composition or nutritive value of meat and fish. On the whole the meats are rendered more palatable by cooking but slightly less digestible and sometimes less rich in nutrients.

In vegetables as in the case of meats the flavors are

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<sup>1</sup> "Experiment on Losses in Cooking Meat," United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 141.



produced, the structures altered, and the proteids coagulated. The most important changes are in the starch granules, the cell walls of which are ruptured and the starch made more soluble. While a proper degree of cooking renders the vegetables more palatable and digestible, excessive cooking produces changes in them which make the vegetables unpalatable and indigestible.

Snyder, Frisby and Bryant,<sup>1</sup> investigated the effects of boiling on the composition of vegetables using potatoes, carrots and cabbage as representatives of the three groups, tubers, roots, and pot herbs. They found a considerable though variable loss in nutritive constituents depending on the methods employed. In the case of the potatoes, the greatest loss took place when they were peeled and then soaked in cold water before boiling, namely 46 to 58 per cent of the nitrogenous matter and 38 per cent of the mineral matter. When put immediately into boiling water, the loss in mineral matter remained the same but the loss in nitrogenous matter was only one half as great. If boiled unpeeled, the losses were insignificant. As ordinarily cooked carrots were found to lose about 40 per cent of the total nitrogen and 26 per cent of the total sugar, or approximately one quarter of the nutritive value. Cabbage when boiled in lime water lost about one-half of the mineral matter and one-third of the carbohydrates and nitrogenous matter.

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<sup>1</sup> "Losses in Boiling Vegetables and the Composition and Digestibility of Potatoes and Eggs," United States Department of Agriculture, Office of Experiment Stations, *Bulletin* No. 43.

This loss can be largely prevented if the water in which the cabbage is cooked be used.

## METHOD OF CALCULATING FOOD VALUES

In the ordinary tables of food analysis such as those of Atwater and Bryant, the chemical composition of foods is given in percentages by weight of protein, fats and carbohydrates, and the total caloric value per pound. It is therefore evident that in order to determine the value of a given diet each article of food must be separately weighed and the weight of the three food ingredients calculated from the table of percentages. For example, Atwater's table gives the composition of home-made white bread as 9.1 per cent protein, 1.6 per cent fat and 53.3 per cent carbohydrates. Now if one slice of bread weighs 37 grams, the actual weight of the protein, fat and carbohydrates is 3.37, 0.59 and 19.72 respectively. The number of calories represented in each is then ascertained by multiplying the first and third figures by 4.1, and the second by 9.3 (in each case by the number of calories per gram) which gives for protein 13.8, for fats 5.5, and for carbohydrates 80.9 calories, or a total of 100.2 calories.

I have attempted to simplify the calculations of diet by arranging a table of American foods on the basis of the "average helping." To this end the common measure of the serving is given as well as the actual weight in grams. It is believed that in this manner the value of the diet can be estimated not only very easily but with sufficient accuracy for all practical purposes. The actual weight of the protein, fats and carbohydrates in the

average helping is also given, and the fuel value in calories for each. The student is thus enabled to make direct comparisons of different articles of food according to the calories represented by each ingredient as well as the total number of calories. The calculation of the total fats, carbohydrates and proteids taken at a single meal or during the twenty-four hours is made very easy.

When food is ingested in amounts other than the average helping its value can be reckoned from its weight and the values for 100 grams given in the last column.<sup>1</sup> Frequently in such cases the quantity eaten is a definite fraction of the "average helping" given in the table and its value can be more readily obtained by dividing all the values given by that fraction. For example, if 1 heaping tablespoonful of apple sauce instead of 3 heaping tablespoonsful, as given in the table, be served, the value can be determined by dividing all the values in the different columns by three.

Suppose it is desired to figure the value of a given meal composed as follows: chicken soup, 4 oz.; lean roast beef, 1 slice; boiled potato, 1 medium sized; string beans, 2 heaping tablespoonsful; white bread, 1 slice; butter, 1 small ball; glass milk; chocolate pudding, 2 heaping tablespoonsful, with whipped cream, 1 heaping tablespoon. Reference to Table II gives the following:

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<sup>1</sup> A very convenient table scale for weighing foods is manufactured by John Chatillon & Sons, New York.



Food.	Protein.		Fats.		Carbo- hydrates.		Total Cal.
	Grams	Cal.	Grams	Cal.	Grams	Cal.	
Soup.....	12.60	51.7	0.96	8.9	2.88	11.8	72
Roast beef.....	23.33	95.7	1.66	15.4	.....	.....	111
Boiled potato.....	3.75	15.4	.15	1.4	31.35	128.5	145
String beans.....	.48	2.0	.66	6.1	1.14	4.7	13
White bread.....	3.37	13.8	.59	5.5	19.72	80.9	100
Butter.....	.15	.6	12.75	118.6	.....	.....	119
Milk.....	7.26	29.8	8.80	81.8	11.00	45.1	157
Chocolate pudding.....	4.99	20.5	7.90	73.5	27.83	114.1	208
Whipped cream.....	1.11	4.6	7.72	71.8	1.06	4.3	81
Totals.....	57.04	234.1	41.19	383.0	94.98	389.4	1,006

The table shows that we have a total of 57.04 grams protein, 41.19 grams fat, and 94.98 grams carbohydrates yielding respectively 234.1, 383.0 and 389.4 calories or a total of 1,006 calories. When only the total fuel value is desired it will readily be seen to be a very simple matter of addition to ascertain the desired figures.

On the other hand, the arrangement of weights and values in Table II facilitates the choice of a menu for special diseases as diabetes or nephritis.

The use of Table I affords a ready means of changing from one system of weights or measures to another. This is often necessary in food determinations.

Table IV is abstracted from Atwater and Bryant<sup>1</sup> for the purpose of furnishing the percentage composition of the more common American foods for those wishing to know the exact value of raw food.

<sup>1</sup> "The Chemical Composition of American Food Materials," United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 28, 1906.



# TABLES

# TABLE EQUIVALENTS (approximate)

1 teaspoon	fluid =	5	c.c.	or	$\frac{1}{6}$	fluid ounce.
1 dessertspoon	" =	10	"	"	$\frac{1}{3}$	" "
1 tablespoon	" =	15	"	"	$\frac{1}{2}$	" "
1 ordinary cup	" =	250	"	"	8	" "
1 tumbler or glass	" =	250	"	"	8	" "
1 cordial glass	" =	20	"	"	$\frac{2}{3}$	" "
1 sherry glass	" =	30	"	"	1	" "
1 cocktail glass	" =	75	"	"	$2\frac{1}{2}$	" "
1 claret glass	" =	120	"	"	4	" "
1 champagne glass	" =	135	"	"	$4\frac{1}{2}$	" "

## ABBREVIATIONS

a.	= average.
a. h.	= average helping.
c.	= cup.
d.	= diameter.
dsp.	= dessertspoon.
h.	= heaping.
m.	= medium.
sq.	= square.
tbsp.	= tablespoon.
tsp.	= teaspoon.

TABLE I.  
EQUIVALENTS OF WEIGHTS AND MEASURES.

*Metric, Avoirdupois and Apothecaries.*

(From the "Pharmacopœia of the United States of America.")

Weights.				Metric Weights and Measures.		Measures.	
Grains.	Apothecaries grains. oz.	lb.	Avoirdupois grains. oz.	Gm.	or C.C.	Fluid ounces, minims.	Fluid ounces and fractions.
15432.4	32	2	3	1000		33	33.814
7000.0	14	1		453.592		15	15.338
1543.2	3		3	100		3	3.382
480.0	1		1	31.1035		1	1.052
456.392			1	29.5737		1	1
437.5				28.350			0.959
15.4324				1			0.0338
1				0.06479			0.0022
0.9508				0.06161			0.0021
						390.06	
						162.1	
						183.1	
						24.8	
						460.1308	
						16.23	
						1.0517	
						1	

TABLE II.  
PREPARED FOODS—EDIBLE PORTION.\*

(The small numerals in the first column refer to the list of references on page 57.)

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
I. MEATS.													
<i>Beef:</i>													
Beef juice.....	a. h.	4 oz.	120	111.60	5.88	24.1	0.72	6.7	.....	.....	31	25	
Corned beef, canned...	a. h.	1 slice.	50	25.90	13.15	53.9	9.35	87.0	.....	.....	141	282	
Corned beef hash.....	a. h.	2 h. tbsp.	100	80.30	6.00	24.6	1.90	17.7	9.40	38.5	81	81	
Roast.....	a. h.	1 slice.	100	48.20	22.30	91.4	28.60	266.0	.....	.....	357	357	
Roast, very lean <sup>2</sup> .....	a. h.	1 "	100	73.71	23.33	95.7	1.66	15.4	.....	.....	111	111	
Scraped (round), ap- proximate.....	a. h.	4-in. pat.	100	67.80	20.90	85.7	10.60	98.6	.....	.....	184	184	

\* In this table the figures given are for the edible portion in every case unless otherwise specified.

So far as possible the values of the various prepared dishes have been computed from Atwater's chemical analyses in order that the table may be as uniform as possible. When the authority is not indicated, therefore, it is understood that the figures were taken from this source. The recipes in the case of made dishes, like puddings, sauces, etc., have been taken from many sources, but chiefly from Sachse: "How to Cook for the Sick and Convalescent."

In a given group of foods as roast meats and soups, the quantity served has been somewhat arbitrarily made the same, as in this way the relative values are best indicated. The fractions in the weights of the average serving have uniformly been disregarded, as also in the case of the total calories. When the ingredients are stated, as in

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>Beef—Continued.</i>												
Steak, round, fat re- moved.....	a. h.	1 slice.	100	63.00	27.60	113.2	7.70	71.6	.....	.....	185	185
Steak, tenderloin.....	a. h.	1 "	100	54.80	23.50	96.4	20.40	189.7	.....	.....	286	286
Sweetbread <sup>2</sup> .....	a. h.	1 "	80	45.95	32.00	131.2	0.45	4.2	.....	.....	135	169
Tongue, canned.....	a. h.	1 "	25	12.83	4.88	20.0	5.80	53.9	.....	.....	74	295
<i>Chicken:</i>												
Capon.....	a. h.	1 slice.	100	59.90	27.00	110.7	11.50	107.0	.....	.....	218	218
Creamed on toast <sup>2</sup> ....	a. h.	2 h. tbsp.	125	72.81	16.26	66.7	12.62	117.4	21.76	89.2	273	219
Fricassee.....	a. h.	1 slice.	100	67.50	17.60	72.2	11.50	107.0	2.40	9.8	189	189
Roast <sup>2</sup> .....	a. h.	1 "	100	60.30	32.10	131.6	4.40	40.9	2.10	8.6	181	181
<i>Lamb:</i>												
Chop with bone.....	a. h.	1 chop.	100	47.60	21.70	89.0	29.90	278.1	.....	.....	367	367
Roast.....	a. h.	1 slice.	75	50.33	14.78	60.6	9.53	88.6	.....	.....	150	200

the case of puddings and sauces, only the total weights and values are given, but these can be readily calculated separately if desired by reference to these ingredients in other parts of the table or in Table IV.

The proportion of water in a considerable number of cases is only approximate, being reckoned as the difference between the total weight and the total of the protein, carbohydrates, fats and ash.

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	(Calories per 100 Grams.)
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>Mutton:</i>												
Boiled, lean <sup>9</sup> .....	a. h.	1 slice.	75	47.61	23.18	95.0	3.38	31.4	.....	.....	126	168
Chop, lean <sup>9</sup> .....	a. h.	1 chop.	100	71.80	22.60	92.7	4.50	41.9	.....	.....	135	135
Roast leg.....	a. h.	1 slice.	75	38.18	18.75	76.9	16.95	157.6	.....	.....	234	313
<i>Pork:</i>												
Bacon, smoked, un- cooked.....	a. h.	1 slice.	30	6.06	3.15	12.9	19.44	180.8	.....	.....	194	646
Chop <sup>9</sup> .....	a. h.	1 chop.	70	47.18	17.92	73.5	4.20	39.1	.....	.....	113	161
Ham, smoked, boiled, as purchased.....	a. h.	1 slice.	33	0.69	7.29	29.9	6.80	63.2	.....	.....	93	291
Ham, smoked, fried....	a. h.	1 “	35	12.81	7.77	31.9	11.62	108.1	.....	.....	140	400
Roast <sup>2</sup> .....	a. h.	1 “	100	60.68	28.42	116.5	10.00	93.0	.....	.....	210	210
Sausage, uncooked....	a. h.	1 sausage.	35	13.93	4.55	18.7	15.47	143.9	0.39	1.6	164	468
<i>Turkey:</i>												
Roast.....	a. h.	1 slice.	100	52.00	27.80	114.0	18.40	171.1	.....	.....	285	285
<i>Veal:</i>												
Calf's-foot jelly.....	a. h.	1 h. tbsp.	50	38.80	2.15	8.8	.....	.....	8.70	35.7	45	89
Cutlet <sup>2</sup> .....	a. h.	1 cutlet.	80	55.16	22.82	93.6	1.14	10.6	.....	.....	104	133
Roast <sup>2</sup> .....	a. h.	1 slice.	75	51.77	21.33	87.5	1.00	9.3	.....	.....	97	132



TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
2. Fish.*												
Bluefish.....	a. h.	.....	100	68.20	25.90	106.2	4.50	41.9	.....	.....	148	148
Cod <sup>12</sup> .....	a. h.	.....	100	76.32	21.68	88.9	.27	2.5	1.58	6.5	98	98
Haddock <sup>12</sup> .....	a. h.	.....	100	72.37	21.98	90.1	.36	3.3	3.63	14.9	108	108
Halibut <sup>12</sup> .....	a. h.	.....	100	74.46	20.35	83.4	4.04	37.6	.....	.....	121	121
Mackerel <sup>12</sup> .....	a. h.	.....	70	51.19	11.73	48.1	4.84	45.0	2.62	10.7	104	148
Salmon <sup>12</sup> .....	a. h.	.....	100	65.32	19.65	80.6	10.21	95.0	5.36	22.0	198	198
Sardines, canned.....	.....	1 fish.	10	5.23	2.30	9.4	1.97	18.3	.....	.....	28	278
Smelts <sup>12</sup> .....	.....	1 "	14	11.30	2.23	9.1	.26	2.4	.06	.2	12	85
Spanish mackerel, broiled.....	a. h.	.....	100	63.50	21.80	89.4	5.90	54.9	.....	.....	144	144
Sturgeon, Russian caviare.	a. h.	1 h. tsp.	10	3.81	3.00	12.3	1.97	18.3	.76	3.1	34	337
Trout, brook <sup>12</sup> .....	a. h.	.....	50	36.79	10.57	43.3	1.17	10.9	.62	2.5	57	114
Shellfish												
Clams, long.....	a. h.	6 clams.	150	128.70	12.90	52.9	1.5	14.0	3.00	12.3	79	53
Clams, round.....	a. h.	6 "	100	86.20	6.50	26.7	.4	3.7	4.20	17.2	47	47

\* When not otherwise indicated, the method of cooking is by boiling. Many of the cooked fishes are usually served with a sauce of some kind, but in no instance is the food value of the sauce included unless so specified. This can be easily computed by reference to the section on condiments and sauces given later in the table, and added if desired.

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
<i>Shellfish</i> —Continued.													
Crabs, hard shelled, as purchased . . . . .	a. h.	1 crab.	245	89.92	19.36	79.4	2.21	20.6	1.47	6.0	106	91	
Lobster . . . . .	a. h.	.....	105	83.16	17.22	70.6	1.89	17.6	.42	1.7	90	86	
Oysters . . . . .	a. h.	6 oysters.	85	73.86	5.27	21.6	1.02	9.5	3.15	12.9	44	52	
Oysters, creamed, on toast . . . . .	a. h.	6 oysters on 1 slice toast.	205	148.12	12.57	51.5	16.13	150.0	25.62	105.0	307	150	
Oyster stew . . . . .	a. h.	4 oz.	124	95.00	6.07	24.9	11.06	102.9	10.53	43.2	171	138	
Scalloped oysters . . . . .	a. h.	6 large oy- sters.	138	97.40	8.06	33.0	18.58	172.8	11.98	49.1	255	185	
Scallops, fried . . . . .	a. h.	3 h. tbsp.	110	154.38	28.20	115.6	1.75	17.3	6.02	24.7	158	144	
3. Soups.													
Bean, home made . . . . .	a. h.	4 oz.	120	101.16	3.84	15.7	1.68	15.6	11.28	46.2	78	65	
Beef, home made . . . . .	a. h.	4 "	120	111.48	5.28	21.6	.48	4.5	1.32	5.4	32	26	
Bouillon, canned . . . . .	a. h.	4 "	120	115.92	2.64	10.8	.12	1.1	.24	1.0	13	11	
Chicken, home made . . . . .	a. h.	4 "	120	101.16	12.60	51.7	.96	8.9	2.88	11.8	72	61	
Chicken gumbo, canned . . . . .	a. h.	4 "	120	107.04	4.56	18.7	1.08	10.0	5.64	23.1	52	43	
Clam chowder, home made . . . . .	a. h.	4 "	120	106.44	2.16	8.8	.96	8.9	8.04	33.0	51	43	
Consommé, canned . . . . .	a. h.	4 "	120	115.20	3.00	12.3	.....	.....	.48	2.0	14	12	

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Cream soups, home made:												
Asparagus <sup>5</sup> .....	a. h.	4 cz.	125	104.50	3.44	14.1	8.62	80.2	4.87	20.0	114	92
Celery <sup>5</sup> .....	a. h.	4 "	125	104.25	3.00	12.3	8.94	83.1	5.01	20.5	116	93
Corn <sup>5</sup> .....	a. h.	4 "	125	99.34	3.75	15.4	8.70	80.9	10.66	43.7	140	112
Pea <sup>5</sup> .....	a. h.	4 "	125	92.92	6.29	25.8	8.46	78.7	14.07	57.7	162	130
Potato <sup>5</sup> .....	a. h.	4 "	125	102.25	2.87	11.8	9.03	84.0	9.60	39.4	135	108
Tomato <sup>5</sup> .....	a. h.	4 "	125	102.44	2.99	12.3	9.40	87.4	6.36	26.1	126	101
Green turtle, canned.....	a. h.	4 "	120	103.92	7.32	30.0	2.28	21.2	4.68	19.2	70	58
Julienne, canned.....	a. h.	4 "	120	115.08	3.24	13.3	.....	.....	.6	2.5	16	13
Meat stew, home made.....	a. h.	.....	180	152.10	8.28	33.9	7.74	72.0	9.90	40.6	147	81
Mock turtle, canned.....	a. h.	4 oz.	120	107.76	6.24	25.6	1.08	10.1	3.36	13.8	50	41
Mulligatawny, canned...	a. h.	4 "	120	107.16	4.44	18.2	.12	1.1	6.84	28.0	47	40
Oxtail, canned.....	a. h.	4 "	120	106.56	4.80	19.7	1.56	14.5	5.16	21.2	55	46
Pea, canned.....	a. h.	4 "	120	104.28	4.32	17.7	.84	7.8	9.12	37.4	63	52
Tomato, canned.....	a. h.	4 "	120	108.00	2.16	8.9	1.32	12.3	6.72	27.6	49	41
Vegetable, canned.....	a. h.	4 "	120	114.84	3.48	14.3	.....	.....	.6	2.5	17	14
4. DAIRY PRODUCTS AND EGGS.												
Butter.....	a. h.	1 ball.	15	1.65	0.15	0.6	12.75	118.6	.....	.....	119	795

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
Cream:													
“Average” <sup>10</sup>	a. h.	1 tbsp.	20	13.28	.74	3.0	5.14	47.8	0.71	2.9	54	269	
“Heavy” <sup>7</sup>	a. h.	1 “	20	11.66	.43	1.8	7.24	67.4	.58	2.4	72	358	
“Thick” <sup>8</sup>	a. h.	1 “	20	7.87	.31	1.3	11.22	104.3	.46	1.9	108	540	
Whipped <sup>10</sup>	a. h.	1 h. tbsp.	30	17.9	1.11	4.6	7.72	71.8	1.06	4.3	81	269	
Cheese:													
American, pale	a. h.	1 cu. in.	20	6.32	5.70	23.6	7.18	66.7	.06	.2	91	453	
Camembert <sup>4</sup>	a. h.	1 h. tsp.	20	9.72	4.20	17.2	4.34	40.4	.....	.....	58	290	
Cheddar	a. h.	1 “	20	5.48	5.54	23.7	7.36	67.5	.82	3.4	95	473	
Cheshire	a. h.	1 “	20	7.42	5.38	22.1	6.14	57.1	.18	.7	80	399	
Dutch	a. h.	2 scoops.	20	7.04	7.42	30.4	3.54	32.9	.....	.....	63	316	
Fromage de Brie	a. h.	1 cu. in.	20	12.04	3.18	13.0	4.20	39.1	.28	1.2	53	267	
Full cream	a. h.	1 “	20	6.84	5.18	21.2	6.74	62.7	.48	2.0	86	430	
Limburger	a. h.	1 “	20	8.42	4.60	18.9	5.88	54.7	.08	.3	74	369	
Neuchatel	a. h.	1 “	20	10.00	3.74	15.3	5.48	51.0	.30	1.2	68	337	
Pineapple	a. h.	2 scoops.	20	4.60	5.98	24.5	7.78	72.4	.52	2.1	99	495	
Roquefort	a. h.	1 cu. in.	20	7.86	4.52	18.5	5.90	54.9	.36	1.5	75	375	
Stilton <sup>4</sup>	a. h.	2 scoops.	20	5.52	4.78	19.6	7.78	72.4	.....	.....	92	460	
Swiss	a. h.	1 slice.	20	6.28	5.52	22.6	6.98	64.9	.26	1.1	89	443	
Koumiss	a. h.	wineglass.	130	116.09	3.64	14.9	2.73	25.4	7.02	28.7	69	53	





TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
5. VEGETABLES.													
Artichokes, French <sup>4</sup> .....	a. h.	1 artichoke.	360	329.80	6.48	26.6	.29	2.7	16.56	67.9	97	27	
Asparagus, canned.....	a. h.	.....	125	118.00	1.88	7.7	.13	1.2	3.50	14.4	23	19	
Beans:													
Baked, home made.....	a. h.	3 h. tbsp.	150	91.17	10.83	44.4	12.76	118.7	32.84	134.6	298	199	
Baked, canned.....	a. h.	3 “	115	79.24	7.94	32.6	2.88	26.8	22.54	92.4	152	132	
Butter <sup>5</sup> .....	a. h.	4 “	80	62.78	3.78	15.5	.24	2.2	11.60	47.6	65	81	
Lima <sup>5</sup> .....	a. h.	2 “	80	48.10	6.40	26.2	.54	5.0	23.60	96.8	128	160	
Red kidney, canned....	a. h.	2 “	70	50.89	4.90	20.1	.14	1.3	12.95	53.1	75	106	
String.....	a. h.	2 “	60	57.18	.48	2.0	.66	6.1	1.14	4.7	13	21	
Beets.....	a. h.	2 “	70	62.02	1.61	6.6	.07	.7	5.18	21.2	29	41	
Beet greens.....	a. h.	2 “	100	89.50	2.20	9.0	3.40	31.6	3.20	13.1	54	54	
Cabbage <sup>4</sup> .....	a. h.	3 “	100	97.40	.60	2.5	.10	.9	.40	1.6	5	5	
Carrots <sup>4</sup> .....	a. h.	3 “	100	93.40	.53	2.2	.17	1.6	3.39	13.9	18	18	
Cauliflower <sup>12</sup> .....	a. h.	2 “	120	117.48	1.08	4.4	.12	1.1	.48	2.0	8	7	
Celery, creamed <sup>4</sup> .....	a. h.	3 “	90	78.90	1.42	5.8	4.98	46.3	3.46	14.2	66	73	
Celery, uncooked.....	a. h.	3 small stalks.	55	41.60	.50	2.1	.05	.5	1.43	5.9	8	19	
Corn, canned.....	a. h.	2 h. tbsp.	100	76.10	2.80	11.5	1.20	11.2	19.00	77.9	101	101	
Corn, green <sup>5</sup> .....	a. h.	1 ear.	100	76.25	3.07	12.6	1.10	10.2	18.78	77.0	100	100	
Cucumber, uncooked....	a. h.	8 thin slices.	50	47.70	.40	1.6	.10	.9	1.55	6.4	9	18	
Dandelion greens <sup>5</sup> .....	a. h.	2 h. tbsp.	100	81.40	2.39	9.8	1.01	9.4	10.67	43.8	63	63	

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Mushrooms, broiled . . . . .	a. h.	2 large on toast.	57	30.58	3.52	14.4	8.94	83.1	12.85	52.7	150	263
Mushrooms, uncooked . . . . .	.....	2 large.	45	39.65	1.58	6.5	.18	1.7	3.06	12.5	21	46
Onions . . . . .	a. h.	1 onion.	100	91.20	1.20	4.9	1.80	16.7	4.90	20.1	42	42
Parsnips <sup>4</sup> . . . . .	a. h.	4 slices.	100	97.28	.22	.9	.29	2.7	1.46	6.0	10	10
Peas, green . . . . .	a. h.	3 h. tbsp.	92	67.90	6.16	25.3	3.13	29.1	13.43	55.1	110	119
Potatoes, sweet, boiled . . . . .	a. h.	a. size.	100	51.90	3.00	12.3	2.10	19.5	42.1	172.6	204	204
Potatoes, white:												
Baked <sup>5</sup> . . . . .	a. h.	m. size.	130	90.87	3.77	15.5	.20	1.9	32.07	131.5	149	114
Boiled . . . . .	a. h.	" "	150	113.25	3.75	15.4	.15	1.4	31.35	128.5	145	97
Chips . . . . .	a. h.	3 h. tbsp.	50	1.10	3.40	13.9	19.90	185.1	23.35	95.7	295	589
Creamed . . . . .	a. h.	4 " "	115	85.79	3.61	14.8	5.17	48.1	19.07	78.2	141	123
Mashed and creamed . . . . .	a. h.	2 " "	100	75.10	2.60	10.7	3.00	27.9	17.80	73.0	112	112
Squash <sup>5</sup> . . . . .	a. h.	2 " "	100	83.62	1.36	5.6	.82	7.6	13.60	55.8	69	69
Spinach . . . . .	a. h.	2 " "	100	89.80	2.10	8.6	4.10	38.1	2.60	10.7	57	57
Tomatoes, canned . . . . .	a. h.	2 " "	70	65.80	.84	3.4	.14	1.3	2.80	1.4	16	23
Tomatoes, uncooked . . . . .	a. h.	m. size.	200	188.00	2.40	9.8	.40	3.7	8.00	32.8	46	23
Turnips <sup>4</sup> . . . . .	a. h.	2 h. tbsp.	140	136.15	.45	1.8	.08	.7	.91	3.7	6	4

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
			Grams.	Water.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
6. FRUITS.													
A. <i>Fresh</i> , as purchased:													
Apple.....	a. h.	a. size.	150	94.95	.45	1.8	.45	4.2	16.20	66.4	72	49	
Banana.....	a. h.	a. "	194	94.86	1.55	6.4	.78	7.3	27.74	113.7	127	66	
Blackberries.....	a. h.	3 h. tbsp.	100	86.30	1.30	5.3	1.00	9.3	10.90	44.7	59	59	
Cantaloupe.....	a. h.	½ melon.	465	232.50	1.40	5.7	.....	.....	21.39	87.7	93	20	
Cherries.....	a. h.	About ¼ lb.	100	76.80	.90	3.7	.80	7.4	15.90	65.2	76	76	
Currants.....	a. h.	4 h. tbsp.	100	85.00	1.50	6.2	.....	.....	12.80	52.5	59	59	
Grapefruit <sup>3</sup> .....	a. h.	½ large.	300	.....	2.37	9.7	.60	5.6	30.27	124.1	139	46	
Grapes.....	a. h.	1 bunch.	150	87.00	1.50	6.2	1.80	16.7	21.60	88.6	112	74	
Gooseberries <sup>6</sup> .....	a. h.	4 h. tbsp.	90	77.04	.90	3.7	.....	.....	11.79	48.3	52	56	
Huckleberries.....	a. h.	4 "	100	81.90	.60	2.5	.60	5.6	16.60	68.1	76	76	
Lemon.....	.....	a. size.	130	81.25	.91	3.7	.65	6.0	7.67	31.4	41	32	
Orange.....	a. h.	a. "	250	158.50	1.50	6.2	.25	2.3	21.25	87.1	96	37	
Peach.....	a. h.	a. "	128	93.82	.64	2.6	.13	1.2	9.86	40.4	44	34	
Pear.....	a. h.	a. "	156	118.56	.78	3.2	.62	5.8	19.81	81.2	90	57	
Pineapple, edible por- tion.....	a. h.	2 slices.	100	89.30	.40	1.6	.30	2.8	9.70	39.8	44	44	
Plum.....	a. h.	a. size.	35	26.07	.32	1.3	.....	.....	6.69	27.4	29	81	
Raspberries.....	a. h.	3 h. tbsp.	82	70.36	.82	3.4	.....	.....	10.33	42.3	46	56	
Strawberries.....	a. h.	4 "	100	90.40	1.00	4.1	.60	5.6	7.40	30.3	40	40	
Watermelon.....	a. h.	Large slice.	300	112.50	.60	2.5	.30	2.8	8.10	33.2	39	13	



TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
B. <i>Dried, as purchased:</i>													
Apricots.....		10 large.	80	23.52	3.76	15.4	.80	7.4	50.00	205.0	228	284	
Dates.....		10 "	83	11.45	1.58	6.5	2.08	19.3	58.60	240.3	266	320	
Figs.....		10 "	117	36.66	8.38	34.4	.58	5.4	144.69	592.8	633	325	
Prunes.....		10 very large.	200	38.00	3.60	14.8	.....	.....	124.40	510.0	525	262	
Raisins.....		10 "	25	3.28	.57	2.3	.75	7.0	17.13	70.5	80	318	
C. <i>Stewed, Jellies, etc.*</i>													
Apple, baked <sup>5</sup> .....	a. h.	1 large.	120	88.67	.61	2.5	.58	5.4	29.30	120.1	128	107	
Apple sauce.....	a. h.	3 h. tbsp.	125	76.38	.25	1.0	1.00	9.3	46.50	190.7	201	161	
Apricot saucc.....	a. h.	3 "	112	50.62	2.13	8.7	1.46	13.6	54.66	224.1	246	220	
Cranberries, stewed..	a. h.	2 h. tbsp.	100	60.70	0.27	1.1	0.41	3.8	36.00	147.6	153	153	
Currant jelly <sup>5</sup> .....	a. h.	1 "	35	7.23	.36	1.5	.....	.....	27.16	111.4	113	323	
Figs, stewed.....	a. h.	3 figs.	125	70.62	1.50	6.2	.38	3.5	51.13	209.6	219	173	
Marmalade, orange..	a. h.	1 h. tbsp.	30	4.35	.18	.7	.03	.3	25.35	103.9	105	349	
Prune saucc.....	a. h.	4 very large and juice.											
Rhubarb, stewed....	a. h.	2 h. tbsp.	200	153.20	1.00	4.1	.20	1.9	44.60	182.9	189	95	
			90	56.26	.40	1.6	.47	4.4	32.40	132.8	139	154	

\* Sugar used in preparation of the stewed fruits and jellies is included in the calculations.

TABLE II.—Continued.

Food STUFFS.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
7. BREAD, CRACKERS, ETC.													
A. Bread:													
Brown, baker's.....	1 slice.	4x4x½ in.	80	34.88	4.32	17.7	1.44	13.4	37.68	154.5	186	231	
Corn (johnnycake)...	1 "	3x2x¾ "	39	15.17	3.08	12.6	1.83	17.0	18.06	74.1	104	266	
Rye.....	1 "	3½x3x½ in.	39	13.92	3.51	14.4	.23	2.1	20.74	85.0	102	260	
Wheat:													
Buns, cinnamon...	1 bun.	.....	45	10.62	4.23	17.3	3.24	30.1	26.59	109.0	156	347	
Buns, currant.....	1 "	.....	50	13.75	3.35	13.7	3.80	35.3	28.80	118.1	167	334	
Gluten.....	1 slice.	3½x2¾x½ in.	39	14.90	3.63	14.9	.55	5.1	19.42	79.6	100	256	
Graham.....	1 "	3¾x2¾x½ "	37	13.21	3.29	13.5	.67	6.2	19.28	79.1	99	267	
Biscuits, home made	1 biscuit.	.....	35	11.52	3.05	12.5	.91	8.5	19.36	79.4	100	287	
Biscuits, soda.....	1 "	.....	38	8.70	3.53	14.5	5.21	48.5	19.99	82.0	145	381	
Rolls, French.....	1 roll.	.....	39	12.48	3.32	13.6	.98	9.1	21.72	89.1	112	287	
Rolls, Vienna.....	1 "	.....	45	14.27	3.83	15.7	.99	9.2	25.43	104.3	129	287	
Toasted.....	½ slice.	4x2x¼ in.	10	2.40	1.15	4.7	.16	1.5	6.12	25.1	31	313	
White, baker's.....	1 "	3½x3x½ in.	30	10.59	2.76	11.3	.39	3.6	15.93	65.3	80	268	
White, home made.	1 "	3x4x½ in.	37	12.95	3.37	13.8	.59	5.5	19.72	80.9	100	270	
Whole wheat.....	1 "	3½x3½x½ in.	42	16.13	4.07	16.7	.38	3.5	20.87	85.6	106	251	
Zwieback.....	1 "	3½x2x½ in.	15	.87	1.47	6.0	1.49	13.9	11.03	45.2	65	434	

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.		Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
B. Crackers:												
Boston (split).....	1 cracker	d. 2 in.	10	.75	1.10	4.5	.85	7.9	7.11	29.2	42	416
Butter.....	1 "	d. 2 "	4	.29	.38	1.6	.40	3.7	2.86	11.7	17	427
Cream lunch.....	1 "	d. 3 "	13	.88	1.26	5.2	1.57	14.6	9.06	37.2	57	439
Graham.....	1 "	3 in. sq.	8	.43	.80	3.3	.75	7.0	5.9	24.2	34	429
Oatmeal.....	1 "	3 " "	10	.63	1.18	4.8	1.11	10.3	6.90	28.3	43	434
Oyster.....	10 cr'k's	d. 1 in.	11	.53	1.24	5.1	1.16	10.8	7.76	31.8	48	433
Pilot bread.....	1 cracker	d. 5 "	33	2.87	3.66	15.0	1.65	15.4	24.49	100.4	131	397
Pretzels.....	1 "	.....	6	.58	.58	2.4	.23	2.1	4.37	17.9	22	375
Saltines.....	1 "	2 in. sq.	3	.17	.32	1.3	.38	3.5	2.06	8.4	13	492
Soda:												
Educators.....	1 "	2 " "	3	.08	.97	4.0	.....	.....	1.39	5.7	10	333
Uneda biscuits...	1 "	3 " "	6	.35	.59	2.4	.55	5.1	4.38	17.7	25	424
Zephyrs.....	1 "	3½ in. sq.	10	.59	.98	4.0	.91	8.5	7.31	30.0	43	424
C. Sandwiches:												
Chicken.....	a. h.	1 sandwich.	70	33.95	8.61	35.3	3.78	35.2	22.47	92.1	163	232
Egg.....	a. h.	1 " "	100	41.40	9.60	39.4	12.70	118.1	34.50	141.5	299	299
Ham.....	a. h.	1 " "	70	24.15	7.28	29.8	10.07	93.7	26.65	109.3	233	332

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
8. BREAKFAST FOODS, MILK GRUELS, ETC.*												
Cream toast.....	a. h.	2 slices.	136	71.28	9.03	37.0	14.60	135.8	37.15	152.3	325	238
Ingredients:												
2 slices toast.												
5 tbsp. cream sauce.												
Farina.....	a. h.	2 h. tbsp.	100	86.63	1.65	6.8	.21	2.0	11.45	47.0	56	56
Force <sup>4</sup> .....	a. h.	5 " "	18	1.67	1.70	7.0	.24	2.2	13.87	56.9	66	367
Grapenuts <sup>4</sup> .....	a. h.	5 " "	65	4.02	7.78	31.9	.40	3.7	51.51	211.2	247	380
Gruels (milk):												
Arrowroot.....	a. h.	4 h. tbsp.	200	155.78	8.25	33.8	10.00	93.0	24.20	99.2	226	113
Ingredients:												
1 tbsp. arrowroot.												
1 c. milk.												
Barley.....	a. h.	4 " "	120	93.12	5.94	24.4	6.41	59.6	13.25	54.3	138	115
Ingredients:												
1 tbsp. barley flour.												
1¼ c. milk.												

\* The sugar, milk or cream, with which any of this group may be served, is not considered and their caloric value must therefore be added when used.

TABLE II.—Continued.

Food STUFFS.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Gruels (milk)—Continued.												
Cornmeal.....	a. h.	4 h. tbsp.	115	96.76	3.85	15.8	4.11	38.2	9.52	39.0	93	81
Ingredients: 2 tbsp. white corn- meal.												
2 c. milk.												
Oatmeal.....	a. h.	2 “	100	59.81	8.72	35.8	8.10	75.3	21.83	89.5	201	201
Ingredients: 3 tbsp. oatmeal.												
2 c. milk.												
Hominy, boiled.....	a. h.	2 “	100	79.30	2.20	9.0	.20	1.9	17.80	73.0	84	84
H-O, boiled <sup>4</sup> .....	a. h.	2 “	100	84.07	2.42	9.9	1.45	13.5	11.76	48.2	72	72
Indian meal mush.....	a. h.	3 “	115	92.90	2.10	8.6	1.18	11.0	18.50	75.9	96	83
Macaroni, boiled.....	a. h.	2 “	100	78.40	3.00	12.3	1.50	14.0	15.80	64.8	91	91
Macaroni, baked with cheese.....	a. h.	2 “	140	54.42	19.06	78.1	20.46	190.3	43.44	178.1	447	319
Oatmeal, boiled.....	a. h.	2 “	100	84.50	2.80	11.5	.50	4.7	11.50	47.2	63	63
Puffed rice <sup>13</sup> .....	a. h.	5 “	14	.99	.87	3.6	.08	.7	12.00	49.2	54	361
Rice, boiled.....	a. h.	1 “	100	72.50	2.80	11.5	.10	.9	24.40	100.0	112	112
Shredded wheat biscuit...	a. h.	1 biscuit.	29	2.35	3.05	12.5	.41	3.8	22.59	92.6	109	375

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
				Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Spaghetti, baked with to- mato..... Vermicelli, boiled..... Wheat germ, boiled.....	a. h.	3 h. tbsp.	145	4.52	18.5	2.81	26.1	25.76	105.6	150	103
	a. h.	2 "	100	1.42	5.8	.26	2.4	9.36	38.4	47	47
	a. h.	2 "	100	1.79	7.3	.34	3.2	12.92	53.0	64	64
9. CAKES, PASTRY, PUD- DINGS, ETC.											
A. Cakes:											
Chocolate layer.....	a. h.	.....	70	4.34	17.8	5.67	52.7	44.87	184.0	255	364
Frosted.....	1 slice.	1x1½x3 in.	40	2.36	9.7	3.60	33.5	25.92	106.1	149	374
Fruit.....	1 "	2¾x2¾x½ in.	44	2.60	10.7	4.80	44.6	28.20	115.6	171	388
Gingerbread.....	1 "	2x3x1 in.	60	3.48	14.3	5.40	50.2	38.10	156.2	221	368
Sponge.....	1 "	2x3½x½ in.	23	1.45	6.0	2.46	22.9	15.16	62.2	91	396
B. Pastry:											
Pic:											
Apple.....	a. h.	1½ pic.	126	3.91	16.0	12.35	114.9	53.93	221.1	352	280
Cream.....	a. h.	1½ "	126	5.54	22.7	14.36	133.6	64.51	264.5	421	334
Custard.....	a. h.	1½ "	133	5.59	23.0	8.38	77.9	34.71	142.3	243	183
Lemon.....	a. h.	1½ "	110	3.96	16.2	11.11	103.3	41.14	168.7	288	262





TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
C. Puddings—Continued.												
Custard puddings:												
Baked custard . . .												
Ingredients:												
2 c. milk.												
2 eggs.												
$\frac{1}{4}$ c. sugar.												
Chocolate custard .												
Ingredients:												
1 h. tsp. grated	a. h.	2 “	120	82.92	8.12	33.3	10.06	93.6	17.75	72.8	200	167
chocolate.												
1 c. milk.												
1 egg.												
1 h. tbsp. sugar.												
Rice custard . . . .												
Ingredients:												
1 c. boiled rice.												
2 eggs.												
$1\frac{1}{2}$ c. milk.												
2 h. tbsp. sugar.	a. h.	2 “	110	71.90	6.46	26.2	5.04	46.5	25.80	105.8	179	163

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>C. Puddings—Continued.</i>												
Soft custard . . . . .												
Ingredients:												
Yolk 1 egg.												
$\frac{1}{2}$ c. milk.												
1 h. tbsp. sugar												
Indian meal pudding.	a. h.	4 tbsp.	60	36.01	4.39	18.0	6.84	63.7	12.12	49.7	131	219
Ingredients:												
3 c. milk.												
3 h. tsp. Indian meal.	a. h.	2 h. tbsp.	164	95.16	9.02	37.0	10.16	93.9	47.02	192.8	324	197
$\frac{1}{2}$ c. molasses.												
1 h. tbsp. butter.												
1 " " sugar.												
Snow pudding . . . . .												
Ingredients:												
$\frac{3}{4}$ c. water.												
1 h. tsp. gelatin.												
2 h. tbsp. sugar.												
1 tsp. lemon juice.												
Lemon rind.												
White 1 egg.	a. h.	2 " "	80	63.59	4.52	18.5	.03	.3	11.73	48.1	67	84



TABLE II.—Continued.

Food STUFFS.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
D. <i>Miscellaneous</i> — Con- tinued.												
Blanc Mange I . . . .	a. h.	2 h. tbsp.	90	62.81	4.76	19.5	4.91	45.7	16.83	69.0	134	149
Ingredients: 1 h. tbsp. corn- starch. 1 h. tbsp. sugar. 1 egg. 1 c. milk. 1 tbsp. sherry.												
Blanc Mange II. . . .	a. h.	2 “	100	85.70	3.63	14.9	4.40	40.9	5.50	22.6	78	
Ingredients: ¼ c. Irish moss. 2 c. milk. Served or cooked with 1 tbsp. cream. 1 h. tsp. sugar.												
Doughnuts. . . . .	1 dough- nut.	d. 3½ in.	37	6.77	2.48	10.2	7.77	72.5	19.65	80.6	163	441





TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
D. <i>Miscellaneous</i> — Con- tinued.												
	1.	4 in.	20	3.00	1.76	7.2	1.00	9.3	14.12	57.9	74	371
	1.	d. 2½ in.	10	1.23	.65	2.7	1.52	14.1	6.52	26.7	44	435
	1	cook- ies 4x3 in.	20	1.24	1.44	5.9	1.74	16.2	15.14	62.1	84	421
Orange ice . . . . .	a. h.	2 h. tbsp.	100	23.57	.94	3.9	.23	2.1	74.68	306.2	312	312
Ingredients:												
2½ c. orange juice.												
¼ c. lemon juice.												
1½ c. sugar.												
1 c. water.												
Rind 2 oranges.												
Prune soufflé . . . . .	a. h.	2 h. tbsp.	85	61.53	3.31	13.6	.65	6.0	18.95	77.7	97	114
Ingredients:												
½ c. stewed prunes (edible portion).												
White 1 egg.												
Sugar cookies . . . . .	1 cook- y.	d. 3 in.	11	.91	.77	3.2	1.12	10.4	8.05	33.0	47	423

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
D. <i>Miscellaneous</i> — Con- tinued. Sugar cookies, home made..... Spanish cream.....	1 cooky. a. h.	d. 2½ in. 2 h. tbsp.	5 100	.42 58.47	.35	1.4	.51	4.7	3.66	15.0	21	423
					11.71	48.0	7.36	68.5	21.25	87.1	204	204
Ingredients: 1 h. tsp. gelatin. 2 h. tbsp. sugar. 1 c. milk. 1 egg. 1 tbsp. sherry. ..	a. h.	2 tbsp.	40	15.00								
10. <i>CONDIMENTS AND SAUCES.</i>												
Caramel sauce..... Ingredients: ½ c. sugar. ½ c. water.	a. h.	2 tbsp.	40	15.00								
									25.00	102.5	103	258





TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.	
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.			
11. MISCELLANEOUS SWEETS.													
Honey	.....	1 tbsp.	30	5.46	.12	.5	.....	.....	24.36	100.0	101	335	
Maple syrup	.....	1 "	30	.....	.....	.....	.....	.....	21.40	87.9	88	293	
Sugar:													
Cube	.....	1 cube.	7	.....	.....	.....	.....	.....	7.00	28.7	29	410	
Domino	.....	1 domino.	6	.....	.....	.....	.....	.....	6.00	24.6	25	410	
Granulated	.....	1 h. tsp.	10	.....	.....	.....	.....	.....	10.00	41.0	41	410	
Powdered	.....	1 "	12	.....	.....	.....	.....	.....	12.00	49.2	49	410	
Maple	.....	1 cake.	100	.....	.....	.....	.....	.....	82.80	339.4	339	339	
12. NUTS.													
Almonds	.....	10 large.	15	.72	3.15	12.9	8.23	76.5	2.60	10.7	100	668	
Brazil nuts	.....	10 "	60	3.18	10.20	41.8	40.08	372.7	4.20	17.2	432	720	
Chestnuts, roasted, as pur- chased	Handful	20 nuts.	50	18.90	2.60	10.7	2.25	20.9	17.70	72.6	104	208	
Cocoonut	1 slice.	2x2x½ in.	34	4.79	1.94	8.0	17.20	160.0	9.49	38.9	207	608	
Filberts	.....	10 nuts.	10	.37	1.56	6.4	6.53	60.7	1.30	5.3	72	725	
Peanuts, as purchased	Handful	15 "	30	2.07	5.85	24.0	8.73	81.2	5.55	22.8	128	427	









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TABLE III.

## ALCOHOLIC BEVERAGES.\*

(The small numerals in the first column refer to the list of references on page 62.)

BEVERAGE.	Portion.	Quantity.	Alcohol.		Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
			Per cent. by Weight.				
A. DISTILLED LIQUORS.							
Brandy, California.....	Cordial glass.	20 c.c.	45.80		0.45	65	325
Brandy, cherry.....	" "	20 "	44.00		.01	62	310
Brandy, cognac, pure French.....	" "	20 "	55.90		.02	78	390
Cocktail, Dry Martini.....	Cocktail glass.	75 "	21.30		6.21	131	175
Gin.....	.....	50 "	30.00		5.50	116	232

\* The enormous variation in the composition of alcoholic liquors has made it exceedingly difficult to choose values which should be accurate and comparable. As a rule, the percentages given are averages of a large number of analyses and if not strictly accurate are as nearly so as it is possible to obtain them.

When no authority is given, the figures are averages of those published by one or more authorities and cited by König.

The total extractives are reckoned as sugar, notwithstanding the fact that they comprise other substances than carbohydrates in small amounts which cannot be classed as foods. The percentage of these, however, is so small that the error is negligible.

Alcohol is computed solely on the basis of its function as a food. It must not be overlooked that in more than very moderate quantities it acts as a drug instead, and when taken to excess this action may negative entirely its action as a food, or even interfere with the digestion and absorption of other foods.

TABLE III.—Continued.

BEVERAGE.	Portion.	Quantity.	Alcohol. Per cent. by Weight.	Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
<b>A. DISTILLED LIQUORS—Continued.</b>						
Liqueurs:						
Benedictine <sup>5</sup> . . . . .	Cordial glass.	20 c.c.	42.40	35.00	88	440
Chartreuse <sup>5</sup> . . . . .	" "	20 "	35.20	35.40	78	390
Curaçao <sup>5</sup> . . . . .	" "	20 "	42.00	27.90	82	410
Crème de Menthe. . . . .	" "	20 "	36.50	28.28	74	370
Kümmel. . . . .	" "	20 "	26.00	29.80	61	305
Rum. . . . .	.....	50 "	43.50	.13	153	306
Rum, pure Jamaica. . . . .	.....	50 "	69.61	.61	245	490
Whiskey, American, genuine <sup>1</sup> . . . . .	.....	50 "	43.00	.70	152	304
Whiskey, European <sup>1</sup> . . . . .	.....	50 "	39.00	.....	137	274
<b>B. WINES AND CIDERS.</b>						
1. <i>American Wines.</i>						
California, red <sup>2</sup> . . . . .	Claret glass.	120 "	9.50	3.10	95	79
California, white <sup>2</sup> . . . . .	" "	120 "	9.00	2.70	89	74
Sweet wines:						
Catawba <sup>2</sup> . . . . .	Sherry glass.	30 "	11.07	5.60	30	100
Champagne. . . . .	Champagne glass.	135 "	8.27	9.74	132	98
Port, California. . . . .	Sherry glass.	30 "	14.81	12.17	53	176
Sherry, California. . . . .	" "	30 "	14.67	5.53	38	126

TABLE III.—Continued.

BEVERAGE.	Portion.	Quantity.	Alcohol. Percent. by Weight.	Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
<b>B. WINES AND CIDERS—Continued.</b>						
2. <i>European Wines.</i>						
Champagne, dry . . . . .	Champagne glass.	135 c.c.	10.42	2.36	112	83
French, red (claret) . . . . .	Claret glass.	120 "	8.16	2.42	81	67
French, white . . . . .	" "	120 "	9.48	3.03	95	79
Mosel and Saar, white . . . . .	" "	120 "	7.36	2.31	73	61
Rhein, white . . . . .	" "	120 "	8.12	2.91	83	69
Sweet wines:						
Champagne . . . . .	Champagne glass.	135 "	9.50	12.88	161	119
Madeira . . . . .	Sherry glass.	30 "	15.40	5.52	39	130
Malaga . . . . .	" "	30 "	11.93	21.73	52	173
Marsala . . . . .	" "	30 "	15.85	5.28	40	133
Port . . . . .	" "	30 "	16.69	8.05	45	150
Sherry . . . . .	" "	30 "	17.45	3.98	42	140
Tokay, fresh . . . . .	" "	30 "	11.19	12.72	39	130
3. <i>Ciders.</i>						
American, sweet <sup>3</sup> . . . . .	Glass.	250 "	1.40	8.20	109	44
American, fermented <sup>3</sup> . . . . .	" "	250 "	5.17	3.88	130	52



TABLE III.—*Concluded.*

BEVERAGE.	Portion.	Quantity.	Alcohol. Per cent. by Weight.	Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
C. MALT LIQUORS.						
1. <i>American.</i>						
Ale.....	Glass.	250 c.c.	6.02	4.86	155	62
Lager beer, bottled.....	"	250 "	4.53	4.96	130	52
Lager beer, draft.....	"	250 "	4.27	4.40	120	48
Porter.....	"	250 "	4.46	6.00	140	56
2. <i>European.</i>						
Ale.....	"	250 "	5.27	5.99	154	62
Bock beer.....	"	250 "	4.20	7.10	146	58
Export beer.....	"	250 "	4.29	6.50	142	57
Light beer.....	"	250 "	3.69	5.39	120	48
Munich, heavy beer.....	"	250 "	4.54	9.96	182	73
Pilsen, export beer.....	"	250 "	4.28	4.69	123	49
Porter (Stout).....	"	250 "	5.16	7.97	172	69
Weissbeer.....	"	250 "	2.79	5.29	103	41

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TABLE IV.

AVERAGE CHEMICAL COMPOSITION OF AMERICAN FOODS.\*

Abstracted from Atwater and Bryant, United States Department of Agriculture, Office of Experiments Station,  
*Bulletin* No. 28, 1906.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per 100 Pound.	Calories per 100 Grams.
ANIMAL FOOD.							
A. BEEF.							
<i>Fresh.</i>							
Brisket.....	54.6	15.8	28.5	.....	0.9	1,495	330
Chuck, including shoulder.....	65.0	19.2	15.4	.....	.9	1,005	222
Flank.....	59.3	19.6	21.1	.....	.9	1,255	277
Loin.....	61.3	19.0	19.1	.....	1.0	1,155	255
Sirloin butt, as purchased.....	62.5	19.7	17.7	.....	.9	1,115	246
Porterhouse steak.....	60.0	21.9	20.4	.....	1.0	1,270	280
Sirloin steak.....	61.9	18.9	18.5	.....	1.0	1,130	249
Tenderloin, as purchased.....	59.2	16.2	24.4	.....	.3	1,330	293
Ribs.....	57.0	17.8	24.6	.....	.9	1,370	302
Round.....	67.8	20.9	18.6	.....	1.1	835	184
Rump.....	57.9	18.7	23.1	.....	.9	1,325	292

\* Unless otherwise stated, the values in each case are for the edible portion only.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh</i> —Continued.							
Shank, fore.....	70.3	21.4	8.1	.....	.9	740	163
Shoulder and clod.....	68.9	20.0	10.3	.....	1.1	805	177
Forequarter.....	62.5	18.3	18.9	.....	.9	1,135	250
Hindquarter.....	62.2	19.3	18.3	.....	.9	1,130	249
<i>Beef Organs.</i>							
Brain.....	80.6	8.8	9.3	.....	1.1	555	122
Heart.....	62.6	16.0	20.4	.....	1.0	1,160	256
Kidney.....	76.7	16.6	4.8	0.4	1.2	520	115
Beef liver.....	71.2	20.4	4.5	1.7	1.6	605	133
Sweetbreads, as purchased.....	70.9	16.8	12.1	.....	1.6	825	181
Suet, as purchased.....	13.7	4.7	81.8	.....	.3	3,540	780
Tongue.....	70.8	18.9	9.2	.....	1.0	740	163
<i>Cooked.</i>							
Scraps, as purchased.....	23.2	21.4	51.7	.....	3.5	2,580	569
Roast, as purchased.....	48.2	22.3	28.6	.....	1.3	1,620	357
Pressed, as purchased.....	44.1	23.6	27.7	.....	1.5	1,610	355
Round steak, fat removed, as purchased.....	63.0	27.6	7.7	.....	1.8	840	185
Loin steak, tenderloin, broiled.....	54.8	23.5	20.4	.....	1.2	1,300	287
Sandwich meat, as purchased.....	58.3	28.0	11.0	.....	2.8	985	217

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned.</i>							
Boiled beef, as purchased . . . . .	51.8	25.5	22.5	.....	1.3	1,425	314
Corned beef . . . . .	51.8	26.3	18.7	.....	4.0	1,280	282
Dried beef, as purchased . . . . .	44.8	39.2	5.4	.....	11.2	960	212
Luncheon beef, as purchased . . . . .	52.9	27.6	15.9	.....	4.8	1,185	261
Roast beef, as purchased . . . . .	58.9	25.9	14.8	.....	1.3	1,105	243
Tongue, whole, as purchased . . . . .	51.3	19.5	23.2	.....	4.0	1,340	295
<i>Corned and Pickled.</i>							
Brisket . . . . .	50.9	18.3	24.7	.....	5.7	1,385	305
Flank . . . . .	49.9	14.6	33.0	.....	2.9	1,665	367
Plate . . . . .	40.1	13.7	41.9	.....	4.7	2,025	446
Rump . . . . .	58.1	15.3	23.3	.....	3.3	1,270	280
Mess beef, salted . . . . .	37.0	12.6	44.5	.....	6.5	2,110	465
Corned beef . . . . .	53.6	15.6	26.2	.....	4.9	1,395	308
Spiced beef, rolled, as purchased . . . . .	30.0	12.0	51.4	.....	6.8	2,390	527
Tongues, pickled . . . . .	62.3	12.8	20.5	.....	4.7	1,105	243
Tripe, as purchased . . . . .	87.5	11.7	1.2	0.2	.3	270	60
Dried, salted and smoked . . . . .	54.3	30.0	6.5	.4	9.1	840	185
<i>B. VEAL.</i>							
<i>Fresh.</i>							
Breast . . . . .	68.2	20.3	11.0	.....	1.0	840	185
Chuck . . . . .	73.8	19.7	5.8	.....	1.0	610	134

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh</i> —Continued.							
Flank, as purchased.....	66.9	20.1	12.7	.....	1.0	910	201
Leg.....	71.7	20.7	6.7	.....	1.1	670	146
Loin.....	69.5	19.9	10.0	.....	1.1	790	174
Rib.....	69.8	20.2	9.4	.....	1.1	775	170
Rump.....	62.6	19.8	16.2	.....	1.1	1,050	231
Shank, hind.....	73.6	20.7	5.5	.....	1.0	615	136
Shoulder and flank, medium fat.....	65.2	19.7	14.4	.....	1.1	975	215
Forequarter.....	71.7	20.0	8.0	.....	.9	710	157
Hindquarter.....	70.9	20.7	8.3	.....	1.0	735	160
Heart, as purchased.....	73.2	16.8	9.6	.....	1.0	720	159
Kidneys, as purchased.....	75.8	16.9	6.4	.....	1.3	585	129
Liver.....	73.0	19.0	5.3	.....	1.3	575	127
Lungs.....	76.8	17.1	5.0	.....	1.1	530	117
C. LAMB.							
<i>Fresh.</i>							
Breast or chuck.....	56.2	19.1	23.6	.....	1.0	1,350	298
Leg, hind.....	58.6	18.6	22.6	.....	1.0	1,300	287
Loin, without kidney and tallow.....	53.1	18.7	28.3	.....	1.0	1,540	340
Neck.....	56.7	17.7	24.8	.....	1.0	1,375	303



TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh</i> —Continued.							
Shoulder.....	51.8	18.1	29.7	.....	1.0	1,590	351
Forequarter.....	55.1	18.3	25.8	.....	1.0	1,430	315
Hindquarter.....	60.9	19.6	19.1	.....	1.0	1,170	258
Side, without tallow.....	58.2	17.6	23.1	.....	1.1	1,300	287
<i>Cooked.</i>							
Chops, broiled.....	47.6	21.7	29.9	.....	1.3	1,665	367
Leg, roast.....	67.1	19.7	12.7	.....	.8	900	198
Tongue, spiced and cooked.....	67.4	13.9	17.8	.....	.5	1,010	223
 D. MUTTON.							
<i>Fresh.</i>							
Chuck, lean.....	64.7	17.8	16.3	.....	.9	1,020	225
Chuck.....	48.2	14.6	36.8	.....	.8	1,825	402
Flank.....	42.7	14.3	42.6	.....	.7	2,065	455
Leg, hind.....	63.2	18.7	17.5	.....	1.0	1,085	239
Loin, without kidney or tallow.....	47.8	15.5	36.2	.....	.8	1,815	400
Neck.....	56.6	16.7	26.3	.....	1.0	1,420	313
Shoulder.....	60.2	17.5	21.8	.....	.9	1,245	274
Forequarter.....	52.9	15.6	30.9	.....	.9	1,595	352

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh</i> —Continued.							
Hindquarter.....	54.8	16.7	28.1	.....	.8	1,495	330
Side, including tallow.....	54.2	16.3	28.9	.....	.9	1,520	335
Side, not including tallow.....	53.6	16.2	29.8	.....	.8	1,560	344
Heart, as purchased.....	69.5	16.9	12.6	.....	.9	845	186
Kidneys, as purchased.....	78.7	16.5	3.2	.....	1.3	440	97
Liver, as purchased.....	61.2	23.1	9.0	5.0	1.7	905	200
<i>Cooked.</i>							
Mutton, leg, roast.....	50.9	25.0	22.6	.....	1.2	1,420	313
<b>E. PORK.</b>							
<i>Fresh.</i>							
Chuck, ribs and shoulder.....	51.1	17.3	31.1	.....	.9	1,635	360
Ham, fresh.....	50.1	15.7	33.4	.....	.9	1,700	375
Loin (chops).....	50.7	16.4	32.0	.....	.9	1,655	365
Loin, tenderloin.....	66.5	18.9	13.0	.....	1.0	1,900	198
Middle cuts.....	48.2	15.7	36.3	.....	.7	1,825	402
Shoulder.....	51.2	13.3	34.2	.....	.8	1,690	373
Side, lard and other fat included.....	29.4	9.4	61.7	.....	.4	2,780	611
Ham fat, as purchased.....	9.1	3.5	88.0	.....	.2	3,780	834
Feet.....	55.4	15.8	26.3	.....	.8	1,405	310

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Pickled, Salted and Smoked.</i>							
Ham, smoked.....	39.8	16.5	38.8	.....	4.7	1,945	429
Smoked, boiled, as purchased.....	51.3	20.2	22.4	.....	6.1	1,320	291
Smoked, fried, as purchased.....	36.6	22.2	33.2	.....	5.8	1,815	400
Luncheon, cooked, as purchased. Refuse—2.1	48.1	22.1	20.6	.....	5.7	1,280	282
Pigs' tongues, pickled.....	58.6	17.7	19.8	.....	3.6	1,165	257
Feet, pickled.....	68.2	16.3	14.8	.....	.9	930	205
Salt pork, clear fat, as purchased.....	7.9	1.9	86.2	.....	3.9	3,670	809
Bacon, smoked.....	20.2	10.5	64.8	.....	5.1	2,930	646
Steak, cooked, as purchased.....	33.2	.....	45.4	.....	1.5	2,285	504
<i>F. SAUSAGE, as purchased.</i>							
Arles.....	16.3	25.4	48.0	.....	6.9	2,495	550
Banquet.....	61.7	18.0	15.4	.....	3.6	985	217
Bologna.....	55.2	18.2	19.7	.....	3.8	1,170	258
Farmer.....	22.2	27.9	40.4	.....	7.3	2,225	491
Frankfort.....	57.2	19.6	18.6	1.1	3.4	1,170	258
Holsteiner.....	25.1	28.7	36.5	3.3	4.2	2,135	471
Lyons, pure ham.....	29.2	29.1	24.5	.....	7.2	1,575	349
Pork.....	39.8	13.0	44.2	1.1	2.2	2,125	468

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
F. SAUSAGE, as purchased—Continued.							
Pork sausage meat.....	46.2	17.4	32.5	.....	3.4	1,695	374
Salmi.....Refuse—9.3	27.6	21.8	36.2	.....	6.4	1,935	427
Wienerwurst.....	43.9	28.0	22.1	1.6	4.4	1,485	327
G. POULTRY.*							
<i>Fresh.</i>							
Chicken, broiler.....	69.7	20.7	8.3	.....	1.1	890	196
Giblets.....	72.8	18.7	6.1	.....	1.3	730	161
Capon.....	56.7	21.5	21.2	.....	1.2	1,465	323
Giblets.....	63.3	20.5	14.6	.....	1.3	1,155	255
Young.....	68.4	21.9	8.9	.....	1.1	945	208
Dark meat.....	70.1	20.8	8.2	.....	1.2	850	187
Light meat.....	70.3	21.9	7.4	.....	1.1	835	184
Giblets.....	71.0	19.8	6.4	.....	1.3	810	179
Liver.....	69.3	22.4	4.2	2.4	1.7	800	176
Heart.....	72.0	20.7	5.5	.....	1.4	770	170
Gizzard.....	72.5	24.7	1.4	.....	1.4	695	153

\* Woods. "Meats: Composition and Cooking." *Farmers' Bulletin*, No. 34, United States Department of Agriculture, 1904.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh—Continued.</i>							
Duck.....	61.1	18.3	19.0	.....	1.3	1,290	284
Meat, not including breast or giblets..	55.5	17.4	26.1	.....	1.0	1,540	340
Breast.....	73.9	22.3	2.3	.....	1.3	685	151
Giblets.....	73.2	17.9	5.0	.....	1.8	720	159
Green goose.....	48.2	15.1	36.0	.....	.9	1,940	428
Meat, not including giblets.....	46.0	15.0	38.3	.....	.8	2,030	448
Giblets.....	68.7	22.3	7.3	.....	1.4	995	219
Goose.....	54.0	16.6	28.7	.....	1.1	1,660	366
Meat, not including giblets.....	51.8	16.2	31.5	.....	1.0	1,755	387
Giblets.....	70.0	20.1	8.2	.....	1.7	910	201
Gizzard.....	73.8	19.6	5.8	.....	1.0	750	165
Liver.....	62.6	16.6	15.9	3.7	1.2	1,175	259
Guinea hen.....	69.1	23.1	6.5	.....	1.3	870	192
Meat, not including giblets.....	68.9	23.4	6.5	.....	1.3	865	191
Giblets.....	69.9	20.8	7.1	.....	1.3	855	188
Pheasant.....	69.9	24.4	4.8	.....	1.1	830	183
Meat, not including giblets.....	70.0	24.7	4.6	.....	1.1	815	180
Giblets.....	68.9	20.1	7.2	.....	1.6	880	194
Pigeon.....	64.0	22.8	11.0	.....	1.5	1,060	234
Meat, not including giblets.....	63.2	22.9	12.1	.....	1.4	1,100	243
Giblets.....	68.1	22.2	5.2	.....	2.3	845	186

TABLE IV.—Continued.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh—Continued.</i>							
Quail .....	65.9	25.0	6.8	.....	1.6	935	206
Meat, not including giblets .....	66.3	25.4	7.0	.....	1.4	945	208
Giblets .....	63.0	21.8	6.2	.....	2.3	970	214
Squabs .....	58.0	18.6	22.1	.....	1.5	1,430	315
Meat, not including giblets .....	56.6	18.5	23.8	.....	1.4	1,470	324
Giblets .....	69.8	19.8	7.2	.....	7.2	835	184
Turkey .....	57.4	22.2	18.9	.....	1.2	1,385	305
Dark meat .....	57.0	21.4	20.6	.....	1.1	1,435	316
Light meat .....	63.9	25.7	9.4	.....	1.3	1,065	235
Giblets .....	56.7	17.7	23.5	.....	1.2	1,480	326
Dark meat, cooked .....	53.7	39.2	4.3	.....	2.2	1,200	265
Light meat, cooked .....	58.5	34.6	4.9	.....	1.8	1,090	240
Young .....	66.1	24.9	8.7	.....	1.3	1,015	224
Cooked .....	52.0	27.8	18.4	.....	1.2	1,295	285
Heart .....	68.6	16.8	13.2	.....	1.0	1,000	222
Liver .....	69.6	22.9	5.2	0.6	1.7	820	181
Gizzard .....	62.7	20.5	14.5	1.2	1.1	1,170	258
<i>Preserved Poultry Meat.</i>							
Smoked goose breast (including skin and fat) .....	35.7	20.1	38.7	.....	5.5	2,210	487



TABLE IV.—Continued.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.
<i>Preserved—Continued.</i>							
Potted turkey.....	56.0	17.2	22.0	.....	3.0	1,390	306
Potted chicken.....	56.1	19.4	20.3	.....	2.5	1,390	306
Canned chicken soup.....	87.1	2.9	3.3	5.1	1.6	300	66
Canned chicken gumbo soup.....	91.0	2.4	.2	4.8	1.6	160	35
Canned boned chicken.....	57.6	27.7	12.8	.....	2.2	1,245	274
Canned sandwich chicken.....	46.9	20.8	30.0	.....	2.6	1,825	402
Canned sandwich turkey.....	47.4	20.7	29.2	.....	2.7	1,790	395
<b>H. FISH.</b>							
<i>Fresh.</i>							
Bass, black, whole.....	76.7	20.6	1.7	1.2	.....	455	103
Sea, whole.....	79.3	19.8	.5	1.4	.....	390	86
Striped, whole.....	77.7	18.6	2.8	1.2	.....	465	102
Blackfish, whole.....	79.1	18.7	1.3	1.1	.....	405	89
Bluefish, entrails removed.....	78.5	19.4	1.2	1.3	.....	410	90
Butterfish, whole.....	70.0	18.0	11.0	1.2	.....	800	176
Cod, whole.....	82.6	16.5	.4	1.2	.....	325	72
Steaks.....	79.7	18.7	.5	1.2	.....	370	81
Eels, salt water.....	71.6	18.6	9.1	1.0	.....	730	161
Flounder, whole.....	84.2	14.2	.6	1.3	.....	290	64

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh</i> —Continued.							
Haddock, entrails removed.....	81.7	17.2	.3	1.2	.....	335	74
Hake, entrails removed.....	83.1	15.4	.7	1.0	.....	315	69
Halibut, steak or sections.....	75.4	18.6	5.2	1.0	.....	565	125
Herring, whole.....	72.5	19.5	7.1	1.5	.....	660	146
Mackerel, whole.....	73.4	18.7	7.1	1.2	.....	645	142
Muskellunge, whole.....	76.3	20.2	2.5	1.6	.....	480	106
Perch, white, whole.....	75.7	19.3	4.0	1.2	.....	530	117
White, whole, as purchased.....	28.4	7.3	1.5	.4	.....	200	44
Yellow, whole.....	79.3	18.7	.8	1.2	.....	380	84
Pickercel, pike, whole.....	79.8	18.7	.5	1.1	.....	370	81
Pike, gray, whole*.....	80.8	17.9	.8	1.1	.....	365	80
Pompano, whole.....	72.8	18.8	7.5	1.0	.....	665	147
Porgy (scup), whole.....	75.0	18.6	5.1	1.4	.....	560	123
Red grouper, entrails removed.....	79.5	19.3	.6	1.1	.....	385	85
Red snapper, whole.....	78.5	19.7	1.0	1.3	.....	410	90
Salmon, whole.....	64.6	22.0	12.8	1.4	.....	950	209
Landlocked, whole, spent.....	77.7	17.8	3.3	1.2	.....	470	104
California, anterior sections.....	63.6	17.8	17.8	1.1	.....	1,080	238
Shad, whole.....	70.6	18.8	9.5	1.3	.....	750	165

\* Not average.

TABLE IV.—Continued.

Food Materials.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh—Continued.</i>							
Roe, as purchased*	71.2	20.9	3.8	1.5	.....	600	133
Sheepshead, whole	75.6	20.1	3.7	1.2	.....	530	117
Smelt, whole	79.2	17.6	1.8	1.7	.....	405	89
Spanish mackerel, whole*	68.1	21.5	9.4	1.5	.....	795	175
Sturgeon, anterior sections*	78.7	18.1	1.9	1.4	.....	415	91
Tomcod, whole*	81.5	17.2	.4	1.0	.....	335	74
Trout, brook, whole	77.8	19.2	2.1	1.2	.....	445	98
Salmon, or lake	70.8	17.8	10.3	1.2	.....	765	169
Turbot	71.4	14.8	14.4	1.3	.....	885	195
Weakfish, whole*	79.0	17.8	2.4	1.2	.....	430	95
Whitefish, whole*	69.8	22.9	6.5	1.6	.....	700	154
<i>Preserved and Canned.</i>							
Cod, salt	53.5	25.4	0.3	.....	24.7	410	90
Salt, "boneless"	55.0	27.3	.3	.....	19.0	490	108
Haddock, smoked*	72.5	23.3	.2	.....	3.6	440	97
Halibut, smoked	49.4	20.7	15.0	.....	15.0	1,020	225
Herring, smoked*	34.6	36.9	15.8	.....	13.2	1,335	299
Mackerel, salt, dressed	43.4	17.3	26.4	.....	12.9	1,435	316
Salmon, canned	63.5	21.8	12.1	.....	2.6	915	201

\* Not average.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Preserved and Canned—Continued.</i>							
Sardines, canned.....	52.3	23.0	19.7	.....	5.6	1,260	278
Sturgeon, caviare, pressed, Russian, as purchased*.....	38.1	30.0	19.7	7.6	4.6	1,530	337
<i>Shellfish, etc., Fresh.</i>							
Clams, long, in shell.....	85.8	8.6	1.0	2.0	2.6	240	53
As purchased.....	49.9	5.0	.6	1.1	1.5	140	31
Round, in shell*.....	86.2	6.5	.4	4.2	2.7	215	47
Round, removed from shell, as pur- chased*.....	80.8	10.6	1.1	5.2	2.3	340	75
Crabs, hardshell, whole*.....	77.1	16.6	2.0	1.2	3.1	415	91
As purchased*.....	36.7	7.9	.9	.6	1.5	195	43
Refuse—52.4				.4	2.2	390	86
Lobster, whole.....	79.2	16.4	1.8			285	63
Mussels, in shell*.....	84.2	8.7	1.1	4.1	1.9	235	52
Oysters, in shell.....	86.9	6.2	1.2	3.7	2.0	230	51
Solids, as purchased.....	88.3	6.0	1.3	3.3	1.1	345	76
Scallops, as purchased.....	80.3	14.8	.1	3.4	1.4	545	120
Terrapin*.....	74.5	21.2	3.5	.....	1.0	390	86
Turtle, green, whole*.....	79.8	19.8	.5	.....	1.2		

\* Not average.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Shellfish, etc., Canned, as purchased.</i>							
Crabs.....	80.0	15.8	1.5	.7	2.0	370	81
Lobster.....	77.8	18.1	1.1	.5	2.5	390	86
Oysters.....	83.4	8.8	2.4	3.9	1.5	335	74
Shrimps*.....	70.8	25.4	1.0	.2	2.6	520	115
<b>I. EGGS.</b>							
Hens', uncooked.....	73.7	13.4	10.5	.....	1.0	720	159
Boiled.....	73.2	13.2	12.0	.....	.8	765	169
Boiled whites.....	86.2	12.3	.2	.....	.6	250	55
Boiled yolks.....	49.5	15.7	33.3	.....	1.1	1,705	376
<b>J. DAIRY PRODUCTS, ETC., as purchased.</b>							
Butter.....	11.0	1.0	85.0	.....	3.0	3,605	795
Buttermilk.....	91.0	3.0	.5	4.8	.7	165	36
Cheese, American, pale.....	31.6	28.8	35.9	.3	3.4	2,055	453
American, red.....	28.6	29.6**	38.3	.....	3.5	2,165	477
Boudon.....	55.2	15.4	20.8	1.6	7.0	1,195	263
California flat.....	34.0	24.3	33.4	4.5	3.8	1,945	429
Cheddar.....	27.4	27.7	36.8	4.1	4.0	2,145	473

\* Not average.

\*\* Determined by difference.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
J. DAIRY PRODUCTS, ETC., as purchased—Con- tinued.							
Cheese, Cheshire.....	37.1	26.9	30.7	.9	4.4	1,810	399
Cottage .....	72.0	20.9	1.0	4.3	1.8	510	112
Crown brand cream.....	31.4	5.2	58.0	2.2	3.2	2,585	570
Dutch.....	35.2	37.1**	17.7	.....	10.0	1,435	316
Fromage de Brie.....	60.2	15.9	21.0	1.4	1.5	1,210	267
Full cream.....	34.2	25.9	33.7	2.4	3.8	1,950	430
Imitation full cream, Ohio.....	37.9	25.9**	31.7	.....	4.5	1,820	401
Imitation old English.....	20.7	30.1	42.7	1.3	5.2	2,385	526
Limburger.....	42.1	23.0	29.4	.4	5.1	1,675	369
Neuchatel.....	50.0	18.7	27.4	1.5	2.4	1,530	337
Pineapple.....	23.0	29.9	38.9	2.6	5.6	2,245	495
Roquefort.....	29.3	22.6	29.5	1.8	6.8	1,700	375
Swiss.....	31.4	27.6	24.9	1.3	4.8	2,010	443
Cream.....	74.0	2.5	18.5	4.5	0.5	910	201
Koumiss.....	89.3	2.8	2.1	5.4	.4	240	53
Milk, condensed, sweetened.....	26.9	8.8	8.3	54.1	1.9	1,520	335
Condensed, unsweetened, "evaporated cream".....	68.2	9.6	9.3	11.2	1.7	780	172

\*\*Determined by difference.



TABLE IV.—Continued.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.
J. DAIRY PRODUCTS, ETC., as purchased—Con- tinued.							
Milk, skimmed . . . . .	90.5	3.4	.3	5.1	.7	170	37
Whole . . . . .	87.0	3.3	4.0	5.0	.7	325	72
Whey . . . . .	93.0	1.0	.3	5.0	.7	125	28
K. MISCELLANEOUS, as purchased.							
Gelatin . . . . .	13.6	91.4	.1	.....	2.1	1,705	376
Calf's-foot jelly* . . . . .	77.6	4.3	.....	17.4	.7	405	89
Isinglass, sturgeon* . . . . .	19.0	89.3	1.6	.....	2.0	1,730	381
Lard, refined* . . . . .	.....	.....	100.0	.....	.....	4,220	930
Tallow, refined* . . . . .	.....	.....	100.0	.....	.....	4,220	930
Cottolene* . . . . .	.....	.....	100.0	.....	.....	4,220	930
Oleomargarine . . . . .	9.5	1.2	83.0	.....	6.3	3,525	777
Beef juice* . . . . .	93.0	4.9	.6	.....	1.5	115	25
VEGETABLE FOOD.							
A. FLOUR, MEALS, ETC.							
Barley meal and flour . . . . .	11.9	10.5	2.2	72.8	2.6	1,640	362
Pearled . . . . .	11.5	8.5	1.1	77.8	1.1	1,650	364
Buckwheat flour . . . . .	13.6	6.4	1.2	77.9	.9	1,620	357

\* One analysis.

TABLE IV.—Continued.

Food Materials.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
A. FLOUR, MEALS, ETC.—Continued.							
Corn meal, granular .....	12.5	9.2	1.9	75.4	1.0	1,655	365
Unbolted .....	11.6	8.4	4.7	74.0	1.3	1,730	381
Pop corn .....	4.3	10.7	5.0	78.7	1.3	1,875	413
Corn preparations:							
Cerealine .....	10.3	9.6	1.1	78.3	.7	1,680	370
Hominy .....	11.8	8.3	.6	79.0	.3	1,650	364
Cooked* .....	79.3	2.2	.2	17.8	.5	380	84
Parched .....	5.2	11.5	8.4	72.3	2.6	1,915	422
Oatmeal .....	7.3	16.1	7.2	67.5	1.9	1,860	410
Boiled* .....	84.5	2.8	.5	11.5	.7	285	63
Gruel .....	91.6	1.2	.4	6.3	.5	155	34
Water .....	96.0	.7	.1	2.9	.3	70	15
Rolled oats .....	7.7	16.7	7.3	66.2	2.1	1,850	408
Rice .....	12.3	8.0	.3	79.0	.4	1,630	359
Boiled .....	72.5	2.8	.1	24.4	.2	510	112
Flaked .....	9.5	7.9	.4	81.9	.3	1,685	371
Flour .....	8.5	8.6	6.1	68.0	8.8	1,680	370
Rye flour .....	12.9	6.8	.9	78.7	.7	1,630	359
Meal* .....	11.4	13.6	2.0	71.5	1.5	1,165	367

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
A. FLOUR, MEALS, ETC.—Continued.							
Wheat flour, California fine . . . . .	13.8	7.9	1.4	76.4	.5	1,625	358
Entire wheat . . . . .	11.4	13.8	1.9	71.9	1.0	1,675	369
Gluten . . . . .	12.0	14.2	1.8	71.1	.9	1,665	367
Graham . . . . .	11.3	13.3	2.2	71.4	1.8	1,670	368
Prepared (self-raising) . . . . .	10.8	10.2	1.2	73.0	4.8	1,600	353
Patent roller process, family and straight grade, all analyses . . . . .	12.8	10.8	1.1	74.8	.5	1,640	362
Wheat Preparations:							
Cracked and crushed . . . . .	10.1	11.1	1.7	75.5	1.6	1,685	371
Farina . . . . .	10.9	11.0	1.4	76.3	.4	1,685	371
Flaked . . . . .	8.7	13.4	1.4	74.3	2.2	1,690	373
Germ . . . . .	10.4	10.5	2.0	76.0	1.1	1,695	374
Glutens . . . . .	8.9	13.6	1.7	74.6	1.2	1,715	378
Macaroni . . . . .	10.3	13.4	.9	74.1	1.3	1,665	367
Cooked* . . . . .	78.4	3.0	1.5	15.8	1.3	415	91
Noodles . . . . .	10.7	11.7	1.0	75.6	1.0	1,665	367
Shredded . . . . .	8.1	10.5	1.4	77.9	2.1	1,700	375
Spaghetti . . . . .	10.6	12.1	.4	76.3	.6	1,660	366
Vermicelli . . . . .	11.0	10.9	2.0	72.0	4.1	1,625	358

\* One analysis.

73% 100%

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
B. BREAD, CRACKERS, PASTRY, ETC., as pur- chased.							
Bread:							
Brown.....	43.6	5.4	1.8	47.1	2.1	1,050	231
Corn (johnnycake).....	38.9	7.9	4.7	46.3	2.2	1,025	266
Rye.....	35.7	9.0	.6	53.2	1.5	1,180	260
Wheat:							
Buns*.....	29.0	6.3	6.5	57.3	.9	1,455	321
Cinnamon*.....	23.6	9.4	7.2	59.1	.7	1,575	347
Currant*.....	27.5	6.7	7.6	57.6	.6	1,515	334
Hot cross*.....	36.7	7.9	4.8	49.7	.9	1,275	281
Sugar.....	29.6	8.1	6.9	54.2	1.2	1,450	320
Gluten.....	38.2	9.3	1.4	49.8	1.3	1,160	256
Graham.....	35.7	8.9	1.8	52.1	1.5	1,210	267
Biscuit, home made.....	32.9	8.7	2.6	55.3	.5	1,300	287
Soda*.....	22.9	9.3	13.7	52.6	1.5	1,730	381
Rolls, French.....	32.0	8.5	2.5	55.7	1.3	1,300	287
Vienna*.....	31.7	8.5	2.2	56.5	1.1	1,300	287
All analyses.....	29.2	8.9	4.1	56.7	1.1	1,395	308
Toasted.....	24.0	11.5	1.6	61.2	1.7	1,420	313

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.
Bread—Continued.							
White, biscuit.....	35.2	8.0	1.4	54.3	1.1	1,220	269
White, home made.....	35.0	9.1	1.6	53.3	1.0	1,225	270
White, all analyses.....	35.3	9.2	1.3	53.1	1.1	1,215	268
Whole wheat.....	38.4	9.7	.9	49.7	1.3	1,140	251
Zwieback.....	5.8	9.8	9.9	73.5	1.0	1,970	434
Crackers:							
Boston (split).....	7.5	11.0	8.5	71.1	1.9	1,885	416
Butter.....	7.2	9.6	10.1	71.6	1.5	1,935	427
Cream.....	6.8	9.7	12.1	69.7	1.7	1,990	439
Egg.....	5.8	12.6	14.0	66.6	1.0	2,060	454
Graham.....	5.4	10.0	9.4	73.8	1.4	1,955	429
Oatmeal.....	6.3	11.8	11.1	69.0	1.8	1,970	434
Oyster.....	4.8	11.3	10.5	70.5	2.9	1,965	433
Pilot.....	8.7	11.1	5.0	74.2	1.0	1,800	397
Pretzels.....	9.6	9.7	3.9	72.8	4.0	1,700	375
Saltines.....	5.6	10.6	12.7	68.5	2.6	2,005	442
Soda.....	5.9	9.8	9.1	73.1	2.1	1,925	424
Water.....	6.4	11.7	5.0	75.7	1.2	1,835	405
All analyses.....	6.8	10.7	8.8	71.9	1.8	1,905	420

TABLE IV.—Continued.

Food Materials.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
Cake:							
Baker's.....	31.4	6.3	4.6	56.9	.8	1,370	302
Chocolate layer*.....	20.5	6.2	8.1	64.1	1.1	1,650	364
Drop*.....	16.6	7.6	14.7	60.3	.8	1,885	316
Frosted.....	18.2	5.9	9.0	64.8	2.1	1,695	374
Fruit.....	17.3	5.9	10.9	64.1	1.8	1,760	388
Gingerbread.....	18.8	5.8	9.0	63.5	2.9	1,670	368
Sponge.....	15.3	6.3	10.7	65.9	1.8	1,795	396
All analyses, except fruit.....	19.9	6.3	9.0	63.3	1.5	1,675	369
Cookies, Cakes, etc.:							
Molasses cookies.....	6.2	7.2	8.7	75.7	2.2	1,910	421
Sugar cookies.....	8.3	7.0	10.2	73.2	1.3	1,920	423
All analyses.....	8.1	7.0	9.7	73.7	1.5	1,910	421
Ginger snaps.....	6.3	6.5	8.6	76.0	2.7	1,895	418
Lady fingers.....	15.0	8.8	5.0	70.6	.6	1,685	371
Macaroons.....	12.3	6.5	15.2	65.2	.8	1,975	435
Wafers, miscellaneous.....	6.6	8.7	8.6	74.5	1.6	1,910	421
All analyses.....	6.6	7.6	11.6	72.9	1.3	1,985	438
Doughnuts.....	18.3	6.7	21.0	53.1	.9	2,000	441

\* One analysis.



TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
Pie:							
Apple.....	42.5	3.1	9.8	42.8	1.8	1,270	280
Cream.....	32.0	4.4	11.4	51.2	1.0	1,515	334
Custard*.....	62.4	4.2	6.3	26.1	1.0	830	183
Lemon*.....	47.4	3.6	10.1	37.4	1.5	1,190	262
Mince.....	41.3	5.8	12.3	38.1	2.5	1,335	294
Squash*.....	64.2	4.4	8.4	21.7	1.3	840	185
Puddings:							
Indian meal*.....	60.7	5.5	4.8	27.5	1.5	815	180
Rice custard*.....	59.4	4.0	4.6	31.4	.6	825	182
Tapioca.....	64.5	3.3	3.2	28.2	.8	720	159
Tapioca, with apples*.....	70.1	.3	.1	29.3	.2	555	122
C. SUGARS, STARCHES, ETC., as purchased.							
Candy.....				96.0		1,785	391
Honey.....	18.2	.4		81.2	.2	1,520	335
Molasses, cane.....	25.1	2.4		69.3	3.2	1,290	284
Starch, tapioca.....	11.4	.4	.1	88.0	.1	1,650	364
Sugar, coffee or brown.....				95.0		1,765	389
Granulated.....				100.0		1,860	410

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
C. SUGAR, STARCH, ETC., as purchased—Con- tinued.							
Sugar, maple.....	.....	.....	.....	82.8	.....	1,540	339
Powdered.....	.....	.....	.....	100.0	.....	1,860	410
Sirup, maple.....	.....	.....	.....	71.4	.....	1,330	293
D. VEGETABLES.							
Artichokes, as purchased.....	79.5	2.6	.2	16.7	1.0	365	80
Asparagus, fresh, as purchased.....	94.0	1.8	.2	3.3	.7	105	21
Cooked, as purchased*.....	91.6	2.1	3.3	2.2	.8	220	48
Beans, butter, green.....	58.9	9.4	.6	29.1	2.0	740	163
Dried, as purchased.....	12.6	22.5	1.8	59.6	3.5	1,605	354
Lima, dried, as purchased.....	10.4	18.1	1.5	65.9	4.1	1,625	358
Lima, fresh.....	68.5	7.1	.7	22.0	1.7	576	127
String, cooked*.....	95.3	.8	1.1	1.9	.9	95	21
String, fresh, as purchased.....	83.0	2.1	.3	6.9	.7	180	40
Beets, cooked*.....	88.6	2.3	1.1	7.4	1.6	185	41
Cabbage.....	91.5	1.6	.3	5.6	1.0	145	32
Carrots, fresh.....	88.2	1.1	.4	9.3	1.0	210	46
Cauliflower, as purchased.....	92.3	1.8	.5	4.7	.7	140	31

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
D. VEGETABLES—Continued.							
Celery.....	94.5	1.1	.1	3.3	1.0	85	19
Corn, green.....	75.4	3.1	1.1	19.7	.7	470	104
Cucumbers.....	95.4	.8	.2	3.1	.5	80	18
Eggplant*.....	92.9	1.2	.3	5.1	.5	130	29
Greens, beet, cooked, as purchased*	89.5	2.2	3.4	3.2	1.7	245	54
Dandelion, as purchased*	81.4	2.4	1.0	10.6	4.6	285	63
Lentils, dried, as purchased.....	8.4	25.7	1.0	59.2	5.7	1,620	357
Lettuce.....	94.7	1.2	.3	2.9	.9	90	20
Mushrooms, as purchased.....	88.1	3.5	.4	6.8	1.2	210	46
Okra.....	90.2	1.6	.2	7.4	.6	175	39
Onions, fresh.....	87.6	1.6	.3	9.9	.6	225	49
Cooked, prepared, as purchased*	91.2	1.2	1.8	4.9	.9	190	42
Parsnips.....	83.0	1.6	.5	13.5	1.4	300	66
Peas, dried, as purchased.....	9.5	24.6	1.0	62.0	2.9	1,655	365
Green.....	74.6	7.0	.5	16.9	1.0	465	102
Green, cooked, as purchased*	73.8	6.7	3.4	14.6	1.5	540	119
Potatoes, raw or fresh.....	78.3	2.2	.1	18.4	1.0	385	85
Cooked, boiled, as purchased.....	75.5	2.5	.1	20.9	1.0	440	97
Cooked, chips, as purchased.....	2.2	6.8	39.8	46.7	4.5	2,675	589

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
D. VEGETABLES—Continued.							
Potatoes, cooked, mashed and creamed, as purchased	75.1	2.6	3.0	17.8	1.5	505	111
Sweet, raw or fresh	69.0	1.8	.7	27.4	1.1	570	126
Sweet, cooked and prepared, as pur- chased*	51.9	3.0	2.1	42.1	.9	925	204
Pumpkins	93.1	1.0	.1	5.2	.6	120	26
Radishes	91.8	1.3	.1	5.8	1.0	135	30
Rhubarb	94.4	.6	.7	3.6	.7	105	23
Sauerkraut, as purchased	88.8	1.7	.5	3.8	5.2	125	28
Spinach, fresh, as purchased	92.3	2.1	.3	3.2	2.1	110	24
Cooked, as purchased*	89.8	2.1	4.1	2.6	1.4	260	57
Squash	88.3	1.4	.5	9.0	.8	215	47
Tomatoes, fresh, as purchased	94.3	.9	.4	3.9	.5	105	23
Turnips	89.6	1.3	.2	8.1	.8	185	41
Canned, as purchased.							
Asparagus	94.4	1.5	.1	2.8	1.2	85	19
Beans, baked	68.9	6.9	2.5	19.6	2.1	600	132
String	93.7	1.1	.1	3.8	1.3	95	21
Little, green*	93.8	1.2	.1	3.4	1.5	90	20

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned, as purchased—Continued.</i>							
Beans, haricots verts.....	95.2	1.1	.1	2.5	1.1	70	15
Lima.....	79.5	4.0	.3	14.6	1.6	360	79
Red kidney*.....	72.7	7.0	.2	18.5	1.6	480	106
Brussels sprouts*.....	93.7	1.5	.1	3.4	1.3	95	21
Corn, green.....	76.1	2.8	1.2	19.0	.9	455	103
Okra.....	94.4	.7	.1	3.6	1.2	85-	19
Peas, green.....	85.3	3.6	.2	9.8	1.1	255	56
Pumpkins.....	91.6	.8	.2	6.7	.7	150	33
Squash.....	87.6	.9	.5	10.5	.5	235	52
Succotash.....	75.9	3.6	1.0	18.6	.9	455	103
Tomatoes.....	94.0	1.2	.2	4.0	.6	105	23
<i>E. PICKLES, CONDIMENTS, ETC., as purchased.</i>							
Catsup, tomato.....	82.8	1.5	.2	12.3	3.2	265	58
Horse-radish.....	86.4	1.4	.2	10.5	1.5	230	51
Olives, green*.....	42.3	.8	20.2	8.5	1.2	1,025	226
Ripe*.....	52.4	1.4	21.0	3.5	2.7	975	215
Pickles, cucumber.....	92.9	.5	.3	2.7	3.6	70	15

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
E. PICKLES, CONDIMENTS, ETC., as purchased— Continued							
Pickles, mixed*	93.8	1.1	.4	4.0	.7	110	24
Spiced*	77.1	.4	.1	20.7	1.7	395	87
F. FRUITS, BERRIES, ETC.							
<i>Fresh.</i>							
Apples:							
Edible portion	84.6	.4	.5	14.2	.3	290	64
As purchased	63.3	.3	.3	10.8	.3	220	49
Refuse—25.0	85.0	1.1	.....	13.4	.5	270	59
Apricots							
Bananas, yellow:							
Edible portion	75.3	1.3	.6	22.0	.8	460	101
As purchased	48.9	.8	.4	14.3	.6	300	66
Refuse—35.0	86.3	1.3	1.0	10.9	.5	270	15
Blackberries, as purchased							
Cherries, as purchased	76.8	.9	.8	15.9	.6	345	76
Refuse—5.0	88.9	.4	.6	9.9	.2	215	47
Cranberries, as purchased							
Currents, as purchased*	85.0	1.5	.....	12.8	.7	265	58
Figs, fresh, as purchased	79.1	1.5	.....	18.8	.6	380	84
Grapes, as purchased	58.0	1.0	1.2	14.4	.4	335	74
Refuse—25.0							

\* One analysis.



TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh—Continued.</i>							
Huckleberries* . . . . .	81.9	.6	.6	16.6	.3	345	76
Lemons:							
Edible portion . . . . .	89.3	1.0	.7	8.5	.5	205	45
As purchased . . . . .	62.5	.7	.5	5.9	.4	145	32
Lemon juice . . . . .				9.8	.....	180	40
Muskmelons:							
Edible portion* . . . . .	89.5	.6	.....	9.3	.6	185	41
As purchased* . . . . .	44.8	.3	.....	4.6	.3	90	20
Nectarines* . . . . .	82.9	.6	.....	15.9	.6	305	67
Oranges:							
Edible portion . . . . .	86.9	.8	.2	11.6	.5	240	53
As purchased . . . . .	63.4	.6	.1	8.5	.4	170	37
Peaches:							
Edible portion . . . . .	89.4	.7	.1	9.4	.4	190	42
As purchased . . . . .	73.3	.5	.1	7.7	.3	155	34
Pears:							
Edible portion . . . . .	84.4	.6	.5	14.1	.4	295	65
As purchased . . . . .	76.0	.5	.4	12.7	.4	260	57
Persimmons* . . . . .	66.1	.8	.7	31.5	.9	630	139

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Fresh</i> —Continued.							
Pineapple*.....	89.3	.4	.3	9.7	.3	200	44
Plums:							
Edible portion.....	78.4	1.0	.....	20.1	.5	395	87
As purchased.....	74.5	.9	.....	19.1	.5	370	81
Refuse—5.0	76.8	1.5	1.6	19.5	.6	460	101
Pomegranates.....	79.6	.9	.....	18.9	.6	370	81
Prunes.....	85.8	1.0	.....	12.6	.6	255	56
Raspberries, red, as purchased*.....	84.1	1.7	1.0	12.6	.6	310	68
Raspberries, black.....	49.3	.5	.....	49.9	.3	935	206
Raspberry juice*.....	90.4	1.0	.6	7.4	.6	180	40
Strawberries.....							
Watermelons:							
Edible portion.....	92.4	.4	.2	6.7	.3	140	31
As purchased.....	37.5	.2	.1	2.7	.1	60	13
Refuse—59.4							
<i>Dried.</i>							
Apples, as purchased.....	28.1	1.6	2.2	66.1	2.0	1,350	298
Apricots, as purchased.....	29.4	4.7	1.0	62.5	2.4	1,290	284
Citron, as purchased.....	19.0	.5	1.5	78.1	.9	1,525	336
Currants, Zante, as purchased.....	17.2	2.4	1.7	74.2	4.5	1,495	330
Dates.....	15.4	2.1	2.8	78.4	1.3	1,615	356

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Dried</i> —Continued.							
Figs, as purchased.....	18.8	4.3	.3	74.2	2.4	1,475	325
Pears, as purchased*.....	16.5	2.8	5.4	72.9	2.4	1,635	360
Prunes.....	22.3	2.1	.....	73.3	2.3	1,400	309
Raisins.....	14.6	2.6	3.3	76.1	3.4	1,605	354
Raspberries, as purchased*.....	8.1	7.3	1.8	80.2	2.6	1,705	377
<i>Canned; and Jellies, Preserves, etc., as pur- chased.</i>							
Apples, crab*.....	42.4	.3	2.4	54.4	.5	1,120	247
Apple sauce*.....	61.1	.2	.8	37.2	.7	730	161
Apricots*.....	81.4	.9	.....	17.3	.4	340	75
Apricot sauce*.....	45.2	1.9	1.3	48.8	2.8	1,000	220
Blackberries*.....	40.0	.8	2.1	56.4	.7	1,150	254
Blueberries.....	85.6	.6	.6	12.8	.4	275	61
Cherries*.....	77.2	1.1	.1	21.1	.5	415	91
Cherry jelly*.....	21.0	1.1	.....	77.2	.7	1,455	321
Figs, stewed.....	56.5	1.2	.3	40.9	1.1	785	173
Marmalade (orange peel)*.....	14.5	.6	.1	84.5	.3	1,585	349
Peaches.....	88.1	.7	.1	10.8	.3	220	49
Pears.....	81.1	.3	.3	18.0	.3	355	78

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned; and Jellies, Preserves, etc., as pur- chased—Continued.</i>							
Pineapples*.....	61.8	.4	.7	36.4	.7	715	158
Prune sauce*.....	76.6	.5	.1	22.3	.5	430	95
Strawberries, stewed*.....	74.8	.7	.....	24.0	.5	460	101
Tomato preserves*.....	40.9	.7	.1	57.6	.7	1,090	230
<b>G. NUTS.</b>							
Almonds.....	4.8	21.0	54.9	17.3	2.0	3,030	668
Beechnuts*.....	4.0	21.9	57.4	13.2	3.5	3,075	678
"Biotes" (acorns), ( <i>Quercus emoryi</i> )*.....	4.1	8.1	37.4	48.0	2.4	2,620	578
Brazil nuts ( <i>Bertholletia excelsa</i> )*.....	5.3	17.0	66.8	7.0	3.9	3,265	720
Butternuts ( <i>Juglans cinerea</i> )*.....	4.4	27.9	61.2	3.5	2.9	3,165	698
Chestnuts:							
Edible portion.....	45.0	6.2	5.4	42.1	1.3	1,125	246
As purchased.....	37.8	5.2	4.5	35.4	1.1	945	208
Refuse—16.0	14.1	5.7	50.6	27.9	1.7	2,760	608
Cocoanuts*.....							
Cocoanut without milk, as purchased	8.9	3.6	31.7	17.5	1.0	1,730	381
Refuse—37.3	92.7	.4	1.5	4.6	.8	155	34
Milk, as purchased*.....							

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.
G. NUTS—Continued.							
Cocoanut, prepared, as purchased.....	3.5	6.3	57.4	31.5	1.3	3,125	689
Filberts*.....	3.7	15.6	65.3	13.0	2.4	3,290	725
Hickory nuts*.....	3.7	15.4	67.4	11.4	2.1	3,345	737
Lichi nuts*.....	17.9	2.9	.2	77.5	1.5	1,505	332
Peanuts:							
Edible portion.....	9.2	25.8	38.6	24.4	2.0	2,560	564
As purchased.....	6.9	19.5	29.1	18.5	1.5	1,935	427
Refuse—24.5.....	2.1	29.3	46.5	17.1	5.0	2,825	623
Peanut butter, as purchased.....	3.0	11.0	71.2	13.3	1.5	3,455	762
Pecans, polished*.....	2.7	9.6	70.5	15.3	1.9	3,435	757
Unpolished*.....	4.2	22.3	54.0	16.3	3.2	2,995	660
Pistachios, first quality, shelled*.....	2.5	18.4	64.4	13.0	1.7	3,300	728
Walnuts, California*.....							
H. MISCELLANEOUS, as purchased.							
Chocolate.....	5.9	12.9	48.7	30.3	2.2	2,860	631
Cocoa.....	4.6	21.6	28.9	37.7	7.2	2,320	511
Cereal coffee infusion (1 part boiled in 20 parts water).....	98.2	.2	.....	1.4	.2	30	7
Yeast, compressed*.....	65.1	11.7	.4	21.0	1.8	625	138

\* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
UNCLASSIFIED FOOD MATERIALS. ANIMAL AND VEGETABLE.							
A. SOUPS, HOME MADE, as purchased.							
Beef.....	92.9	4.4	.4	1.1	1.2	120	26
Bean*.....	84.3	3.2	1.4	9.4	1.7	295	65
Chicken*.....	84.3	10.5	.8	2.4	2.0	275	61
Clam chowder.....	88.7	1.8	.8	6.7	2.0	195	43
Meat stew.....	84.5	4.6	4.3	5.5	1.1	370	81
Canned, as purchased.							
Asparagus, cream of*.....	87.4	2.5	3.2	5.5	1.4	285	63
Bouillon.....	96.6	2.2	.1	.2	.9	50	11
Celery, cream of*.....	88.6	2.1	2.8	5.0	1.5	250	55
Chicken gumbo.....	89.2	3.8	.9	4.7	1.4	195	43
Chicken.....	93.8	3.6	.1	1.5	1.0	100	22
Consommé*.....	96.0	2.5	.....	.4	1.1	55	12
Corn, cream of*.....	86.8	2.5	1.9	7.8	1.0	270	59
Julienne*.....	95.9	2.7	.....	.5	.9	60	13
Mock turtle.....	89.8	5.2	.9	2.8	1.3	185	41
Mulligatawny.....	89.3	3.7	.1	5.7	1.2	180	40

\* One analysis.



TABLE IV.—*Concluded.*

FOOD MATERIALS.	Water. Per Cent	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned, as purchased—Continued.</i>							
Oxtail.....	88.8	4.0	1.3	4.3	1.6	210	46
Pea.....	86.9	3.6	.7	7.6	1.2	235	52
Pea, cream of green*	87.7	2.6	2.7	5.7	1.3	270	60
Tomato.....	90.0	1.8	1.1	5.6	1.5	185	41
Turtle, green*	86.6	6.1	1.9	3.9	1.5	265	58
Vegetable*.....	95.7	2.9	.....	.5	.9	65	14
<i>B. MISCELLANEOUS, as purchased.</i>							
Hash*.....	80.3	6.0	1.9	9.4	2.4	365	80
Minced meat, commercial.....	27.7	6.7	1.4	60.2	4.0	1,305	288
Home made.....	54.4	4.8	6.7	32.1	2.0	970	214
Salad, ham*.....	69.4	15.4	7.6	5.6	2.0	710	157
Sandwich, egg*.....	41.4	9.6	12.7	34.5	1.8	1,355	299
Chicken*.....	48.5	12.3	5.4	32.1	1.7	1,055	232

\* One analysis.



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